



A HEALTHY BODY STARTS WITH A CLEAR MIND!

Find what makes you **HAPPY**. Spend time with family and friends. Engage in a physical activity that you enjoy and make time to do it on a regular basis. You'll feel emotionally refreshed and more productive as a result.



This information is not meant as a substitute for personal medical advice. If you have a medical, or emotional problem, you should consult your medical or mental health care provider.



Piece Together a Healthy Mind.



Don't be afraid to LIVE LIFE. Open yourself up to new ideas and interests. Broaden your perspective by exploring new pieces of literature or works of art. Listen to others' ideas/opinions. Try new hobbies, visit a new museum, or just have lunch with friends. Varied experiences contribute to the mental balance that is essential to a healthy life!



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Refuel Your Brain With Smart Choices!

Strive for BALANCE. A healthy balance between fitness and nutrition is essential to maintaining good mental health. Feel more refreshed and increase your productivity by staying active and eating healthy today!



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