KEYS TO WELLNESS

Objective:

To provide a daily reminder of ways to get and stay well.

Print out the mini poster below and post it someplace you will see it regularly.

Make it a point to do as many of these things for yourself as you can every day.

to feeling better & staying well:

Get a good night's sleep
Drink plenty of water
Eat three healthy meals a day
Exercise
Do something you enjoy
Relax
Talk to a loved one
Get some fresh air

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