

WELLNESS NEWSLETTER

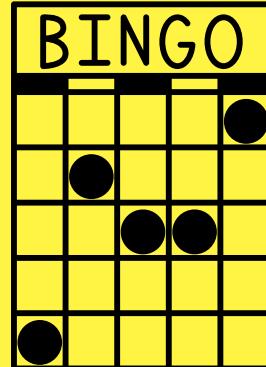


BOOST IMMUNITY



Click on the
Shake Express
logo to check out their
IMMUNITY BOOSTER

CHALLENGE! WELLNESS BINGO



**CLICK HERE TO
PLAY**

1 MINUTE MEDITATION



CLICK HERE

MOTIVATION

- "The greatest wealth is health!"

**GO
for IT!**

DID YOU
KNOW ?

SLEEP *zzzz*

FIVE BENEFITS

- Increases energy levels
- Improves brain performance
- Improves mental health
- Decreases inflammation
- Strengthens immune system

Recommended hours of sleep per night is 7 or more hours

