

AUGUST 2023

WELLNESS MATTERS

NATIONAL WELLNESS MONTH

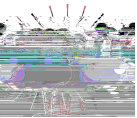


LESSONS FROM WORKING OUT

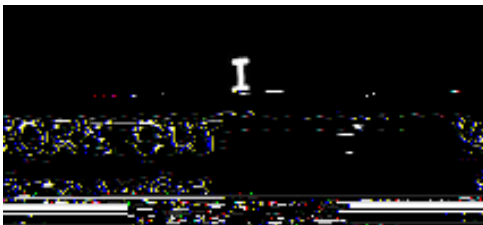
Discipline

Consistency
Focus

Patience



FIND YOUR WHY



- Balance
- See
- Limited
- Healthy
- Budget
- Healthy
- Be
- Be