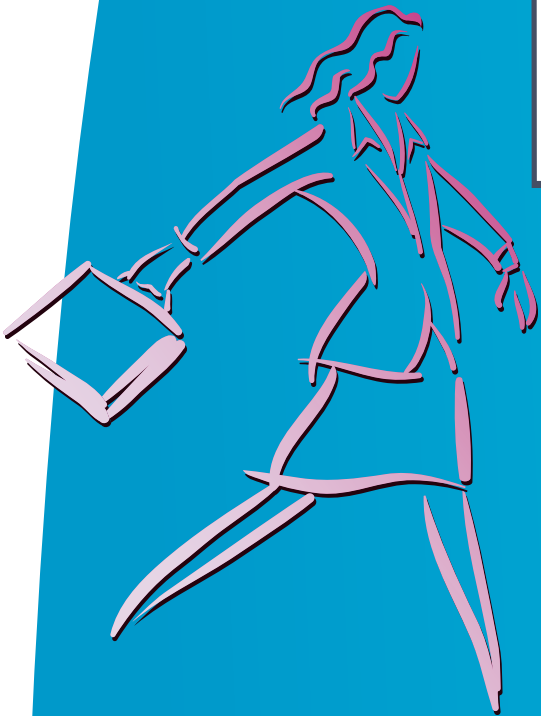


Stay Healthy

at work
and home



TIPS TO STAY HEALTHY

- 1 Get enough sleep
- 2 Eat the right foods to keep you healthy
- 3 Keep your stress levels in check
- 4 Exercise regularly

