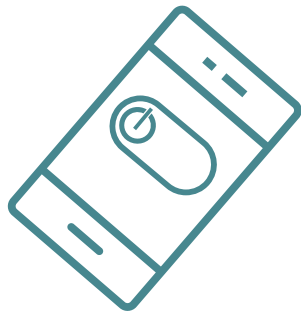


Be committed. Be well.

REDUCE STRESS & ANXIETY



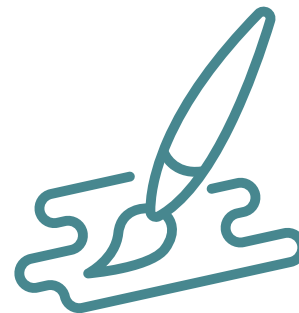
TAKE A BREAK:
PUT DOWN
YOUR DEVICES



TALK:
REACH OUT
TO FRIENDS



STAY HEALTHY:
EAT RIGHT
AND EXERCISE



UNWIND:
FIND ACTIVITIES
YOU ENJOY