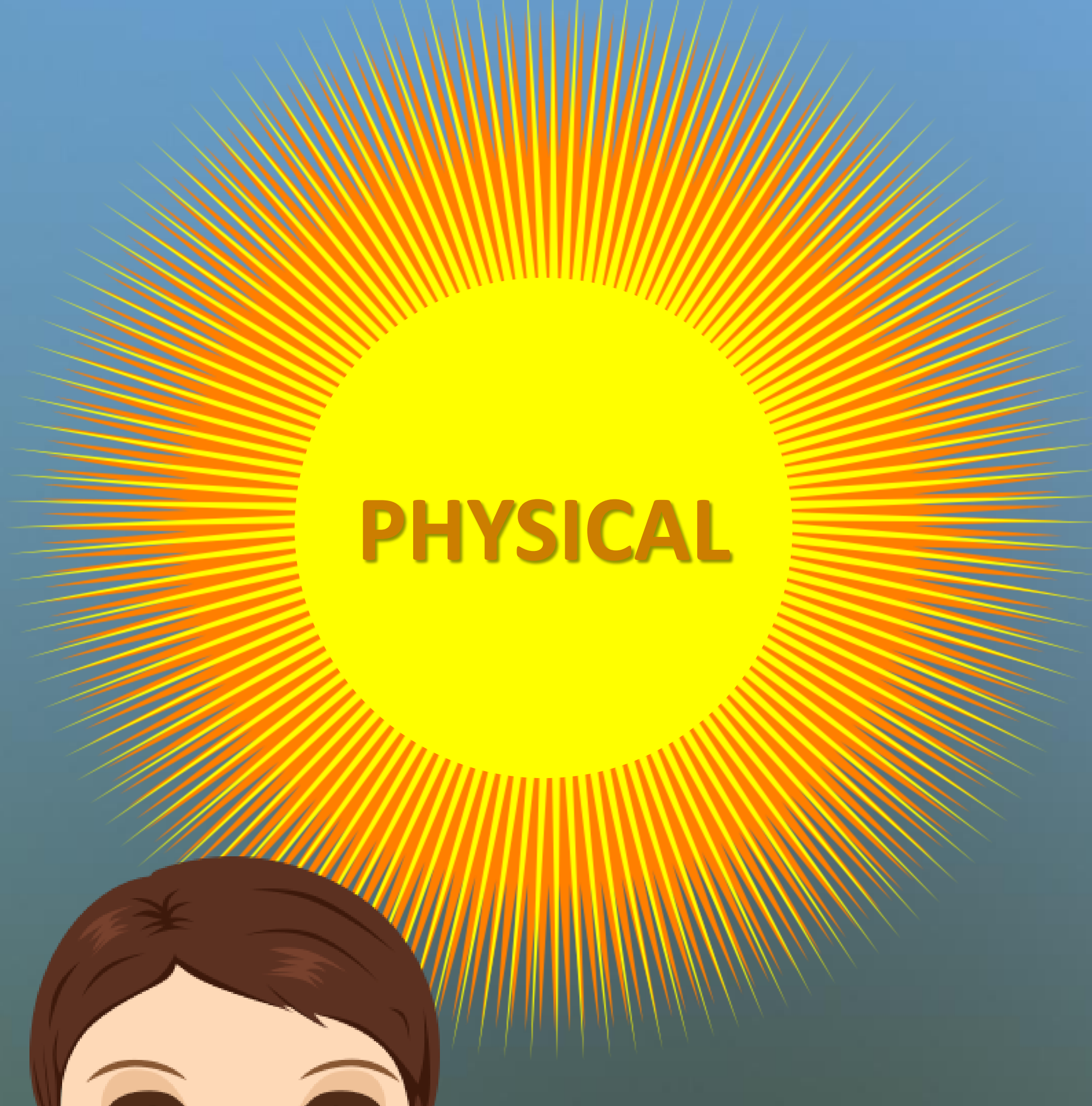
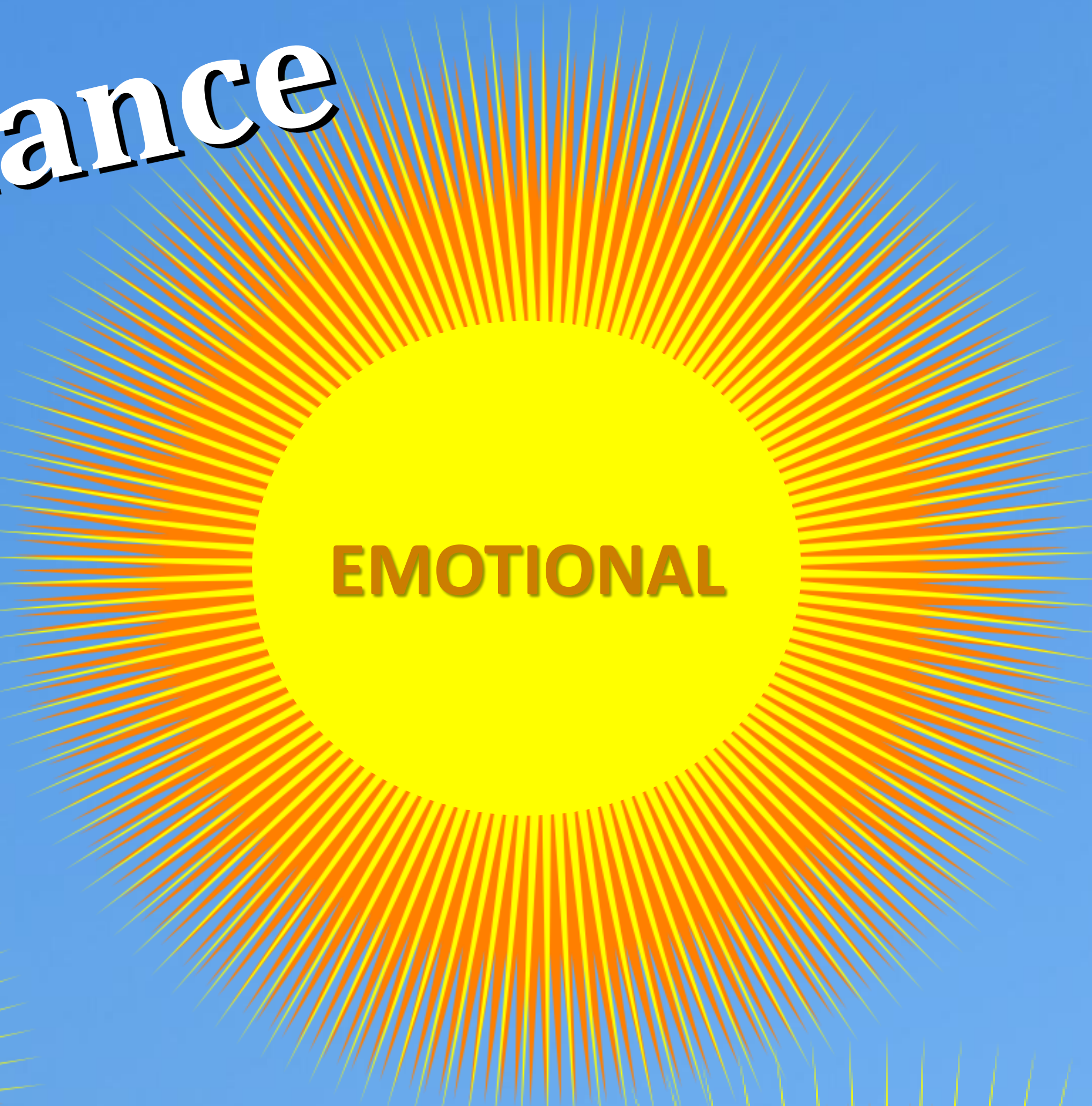
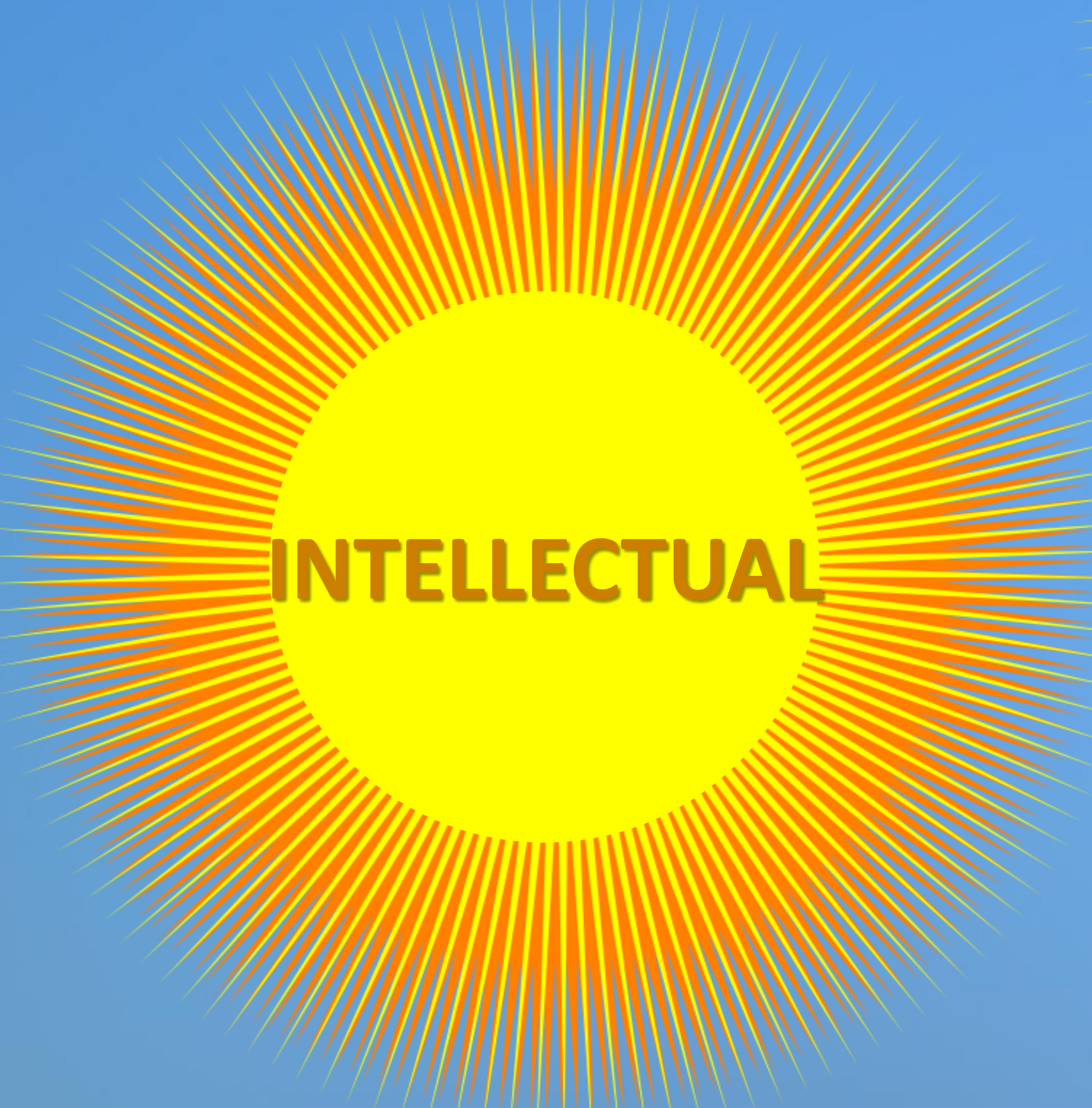
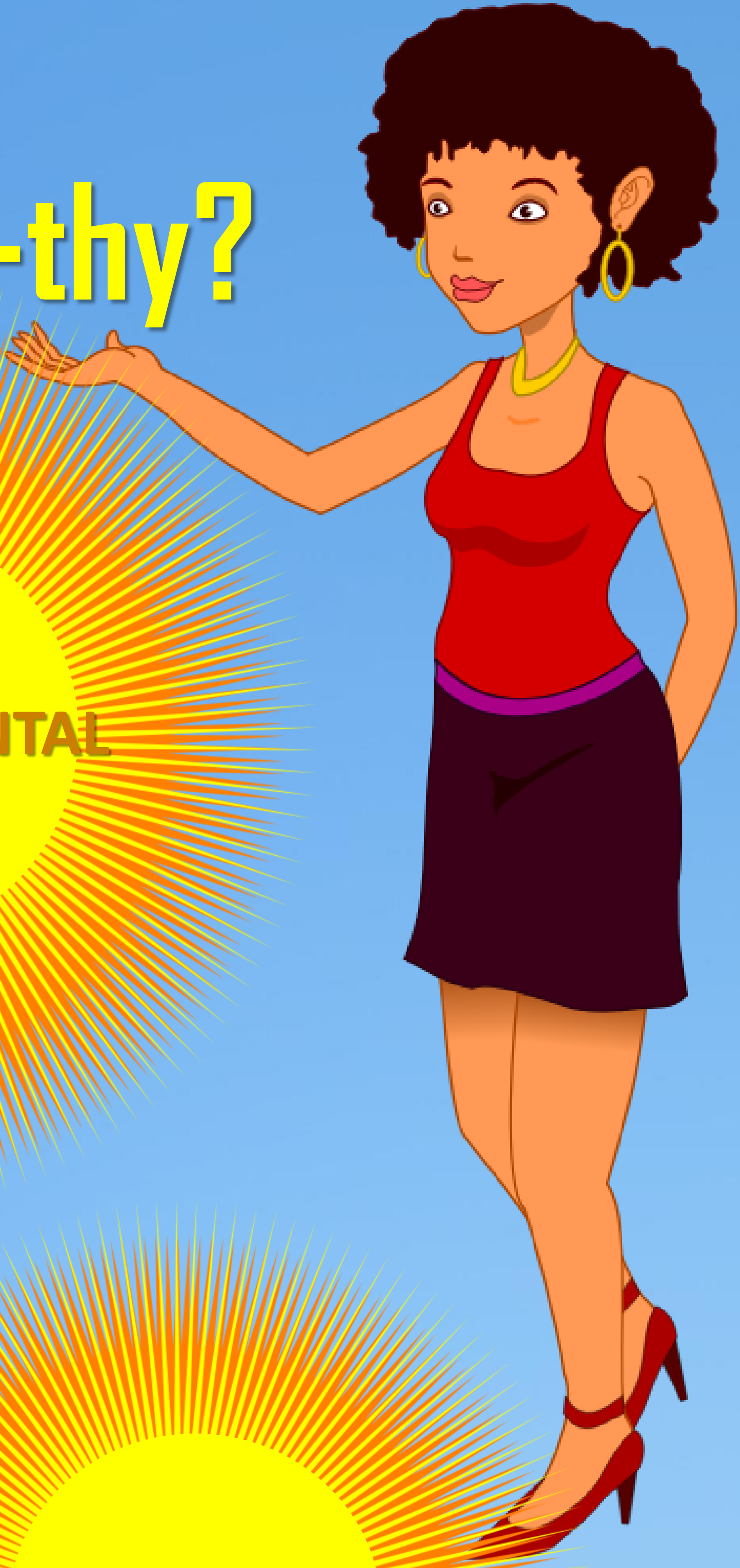


HEALTH IS THE NEW WEALTH

Are You Well-thy?

Wellness = Balance



- KEY CHARACTERISTICS OF WELLNESS**
- Multidimensional
 - Personal Responsibility
 - Holistic
 - Dynamic And Changes Over Time
 - An Individual Experience But Also Influenced By Environment And Society
 - Positive And Affirming
 - Seeking And Achieving Vitality
 - Driven By Self Care



- ELEMENTS OF WELLNESS**
- Nutrition
 - Exercising The Physical, Mental & Spiritual
 - Balance In Life
 - Balance In Body
 - Balance In Mind
 - Achieving Vitality Instead Of Targeting Disease Prevention
 - Long Term Gains Over Quick Fixes
 - Personal Fulfillment
 - Happiness, Positivity & Optimism
 - Environment And Creating A Sanctuary