



Kapnick
Strive



SAVE THE DATE

2024 HEALTH SCREENINGS

- 6/6 & 6/15- Adrian
- 6/8 & 6/20- Troy
- 6/13 & 6/22- Ann Arbor
- 6/19- Brighton
- 6/25- Lansing
- 6/27- Grand Rapids

Did you know small changes can lead to big impacts?

MOVE MORE



Aim for 30 minutes of activity most days of the week

GO GREEN



Make ½ of your plate greens or non-starchy vegetables

DRINK UP



Strive for drinking half your bodyweight in ounces of water per day

DE-STRESS



Practice deep breathing, meditation, journaling, art or music therapy