

VIRTUAL

Wellness Wednesday



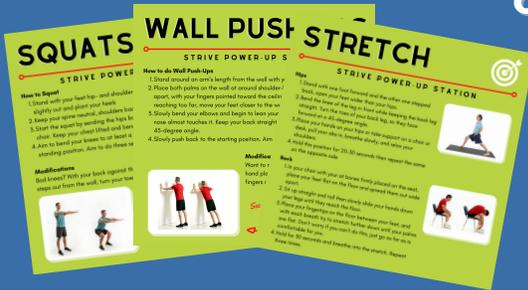
1

Feeling hungry? Scan the QR code for healthy recipes.



2

Find the Power-Up Stations around your office & get your body moving!



3

Grab a friend and take a 10 minute walk outside!

4

Scan the QR code and breathe easy with a 15-minute guided meditation.

