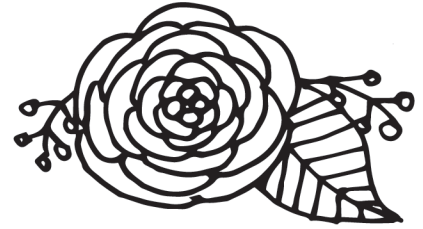


Wellness Pyramid



WELLNESS MEANS HAVING A LIFESTYLE OF HEALTHY CHOICES

HOW ARE YOU DOING IN EACH AREA?

PROACTIVE
MEDICAL CARE

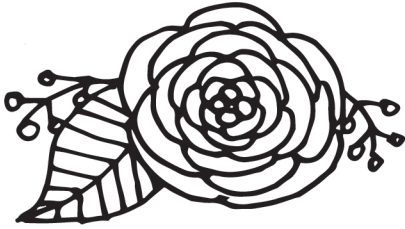
INFORMED
SELF-CARE

REDUCE TOXIC LOAD

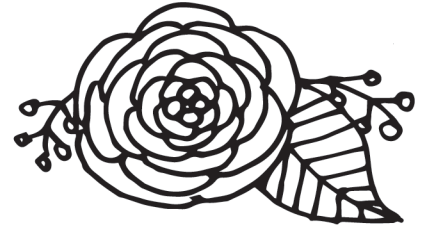
REST AND STRESS MANAGEMENT

EXERCISE

HEALTHY EATING



Wellness Pyramid



WHAT ARE YOUR GOALS FOR EACH AREA OF THE WELLNESS PYRAMID?
WHAT ACTIONS CAN YOU TAKE TO IMPROVE AND MOVE TOWARDS YOUR GOALS?

IF YOU ARE STRUGGLING WITH MANY AREAS, CHOOSE JUST ONE AREA TO FOCUS ON AND TAKE ACTION!

PROACTIVE
MEDICAL CARE

INFORMED
SELF-CARE

REDUCE TOXIC LOAD

REST AND
STRESS MANAGEMENT

EXERCISE

HEALTHY EATING