



# WELLNESS MENU.

A handy reminder for your daily well-bing.

5 MINS



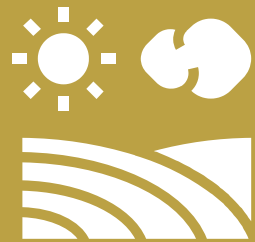
Stretching

15 MINS



Favourite Music

30 MINS



Enjoy Outdoor



Mindfulness



Gratitude List



Chat With Friends



Deep Breath



Read A Chapter



Walk The Dog