

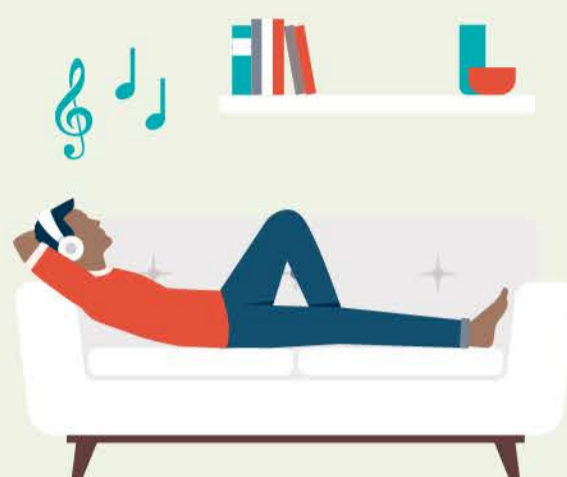
12 WAYS TO SUPPORT YOUR HEALTH AND WELLBEING



STAY CONNECTED



BE KIND TO YOURSELF



HELP OTHERS



ENTERTAIN YOURSELF



CONTINUE LEARNING



FEEL THE FEELINGS



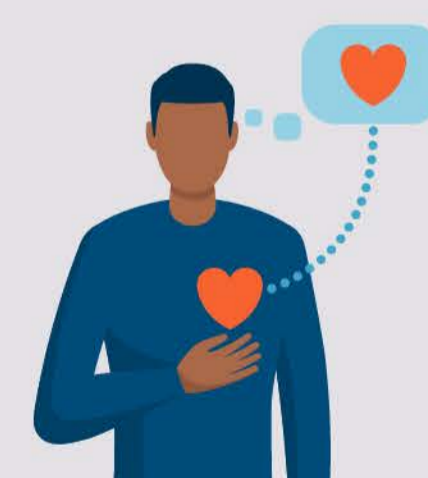
REDUCE YOUR TIME ONLINE



BE ACTIVE



HEALTHY BODY, HEALTHY MIND



TAKE TIME TO RELAX



LOOK TO THE FUTURE



GET EXPERT ADVICE



CORONAVIRUS (COVID-19)

