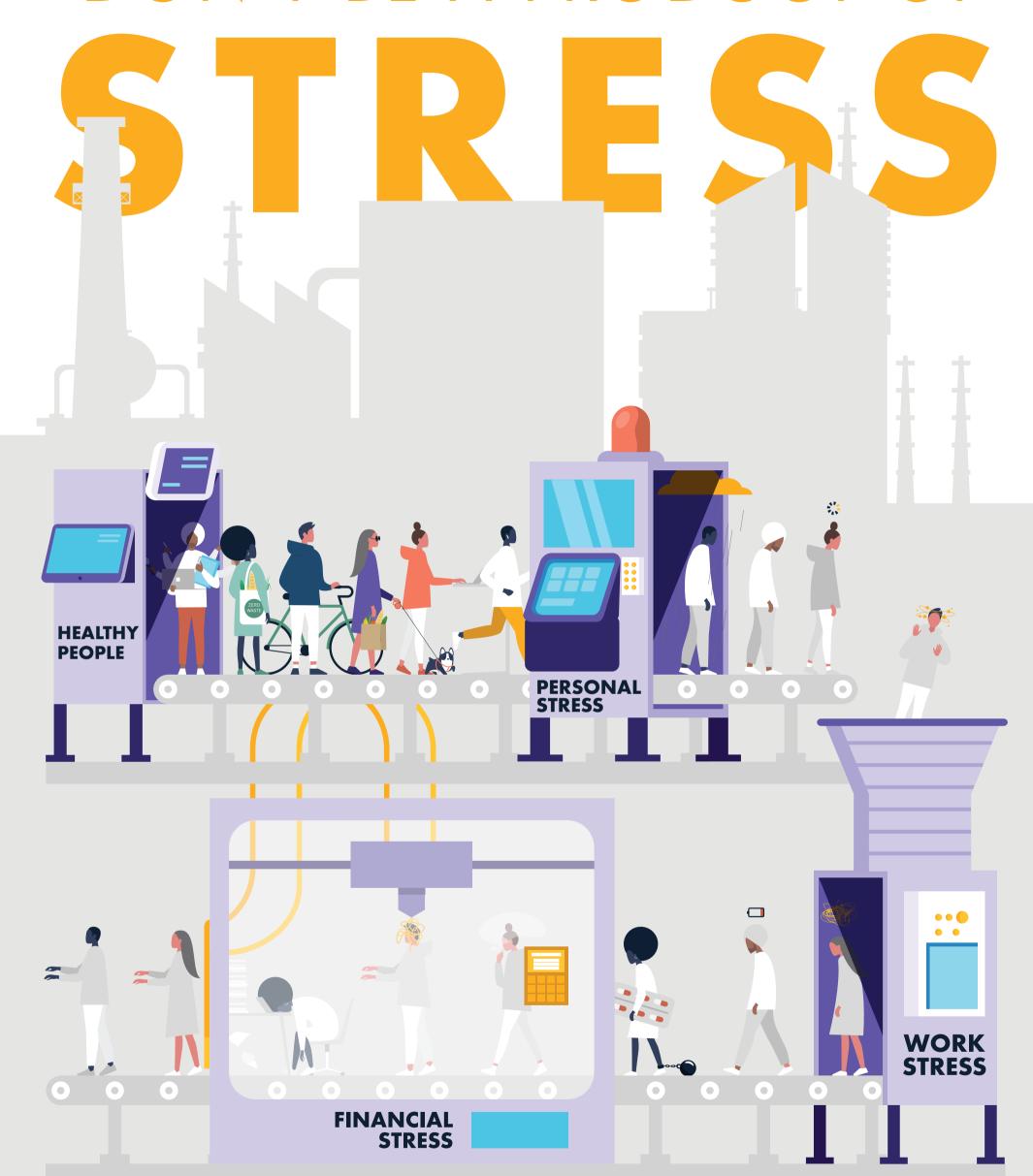
## DON'T BE A PRODUCT OF



## TO STRESS LESS...

Exercise, eat more fruit and vegetables, get at least 7 hours of sleep and remember to breathe!

Scan the QR code to find out more about stress management



