## A Little Bit of Wellness ... Gelebrating Healthy Heart Month



How do you keep your heart healthy?

Let us count the ways ...

Make HEALTHY choices

Stay FiT and be active

Have TiME for your health

Learn to MANAGE stress

Maintain a POSiTiVE outlook

Practice MINDFULNESS

Teach yourself to RELAX

For more resources on wellness visit www.myinconfidence.ca User ID: GNB

Password: inconfidence

February 2018