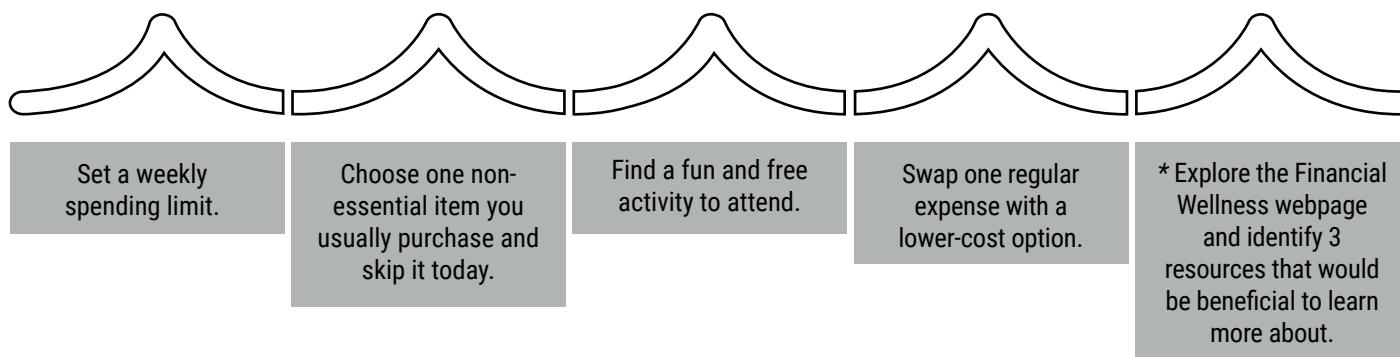


SINK YOUR STRESS

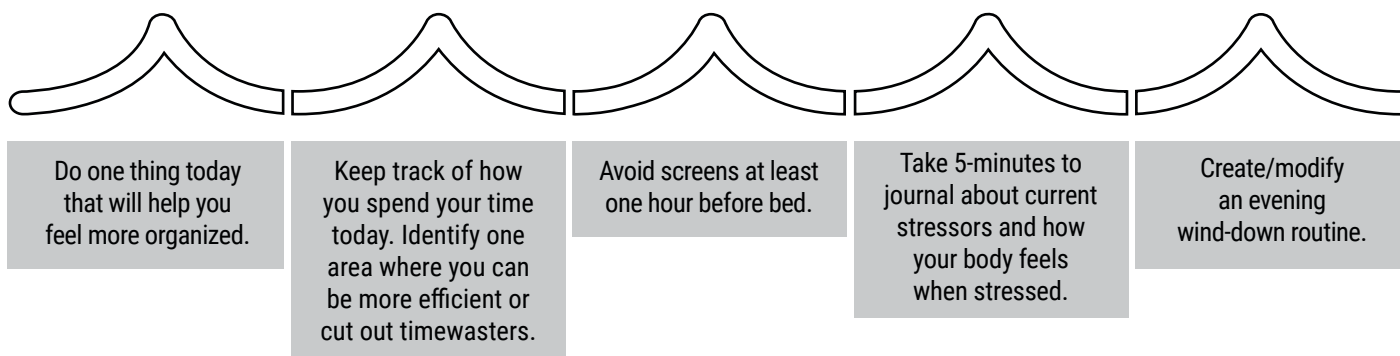
FINANCIAL WELL-BEING

Week 1: September 22 – 28



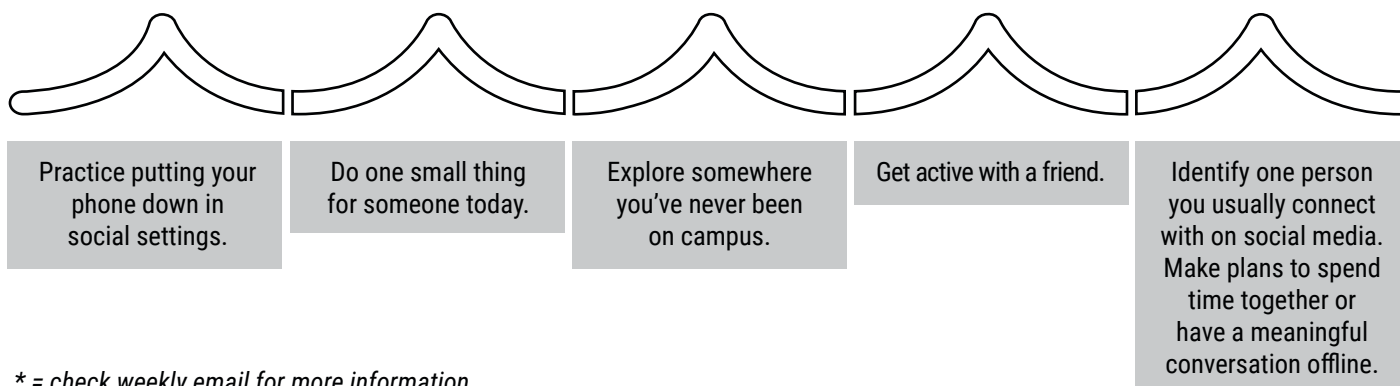
REST AND TIME MANAGEMENT

Week 2: September 29 – October 5



HEALTHY CONNECTION

Week 3: October 6 – 12



* = check weekly email for more information