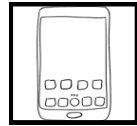




Work/life balance

Empty rectangular box for notes.



My phone a friend list

Large scrollable note area for writing.



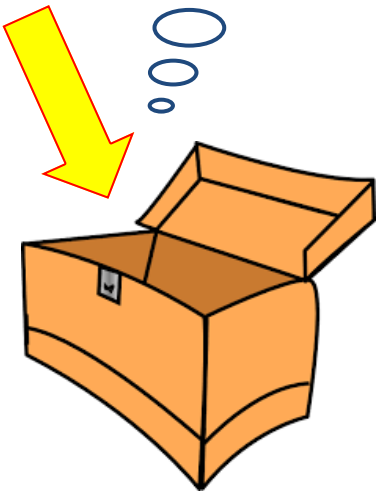
My support crew

Empty rectangular box for notes.

My 5 Minute Wellbeing Planner

.....

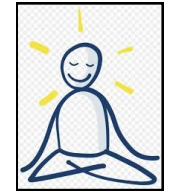
Put your worries in a box



It's good to talk.....



Helping Hand



.....take a break...and rest!



KEEP ACTIVE CONNECT WITH NATURE



HEALTHY EATING

WARNING SIGNS

