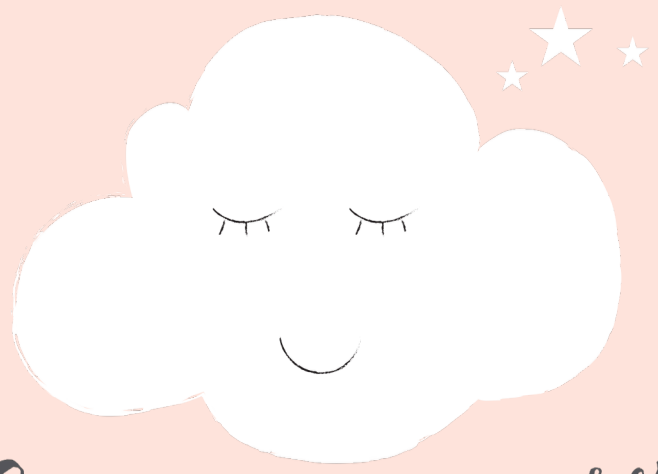




*Eat a Balanced Diet*



*Ensure a good night's sleep*



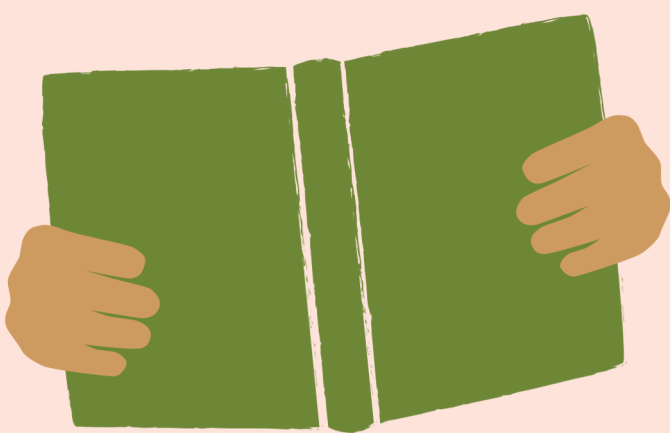
**18-24 November**



*Notice Nature*



*Make time for friends*



*Get lost in a Book*



*Count your steps*



*Listen to Music*