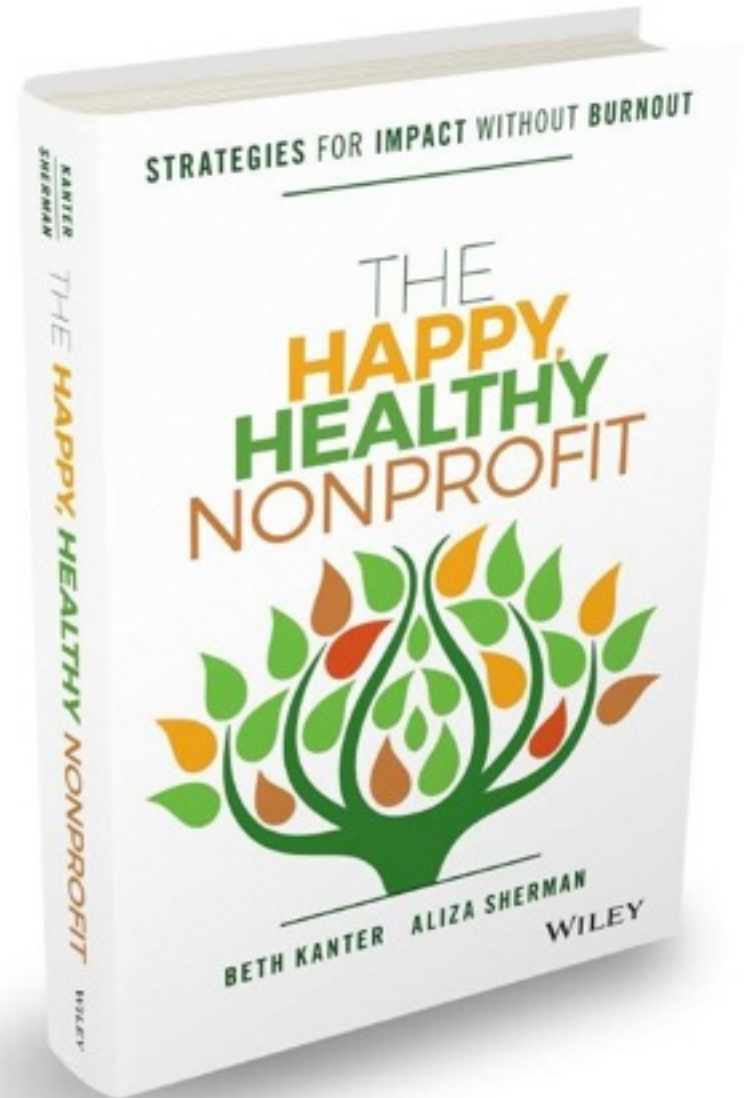


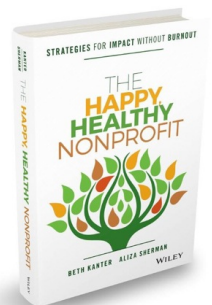
Beth Kanter



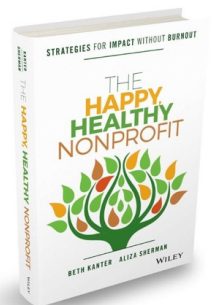
Aliza Sherman



Nurture your 5 Spheres of Happy Healthy Living



Be mindful of your Wellness Triad.

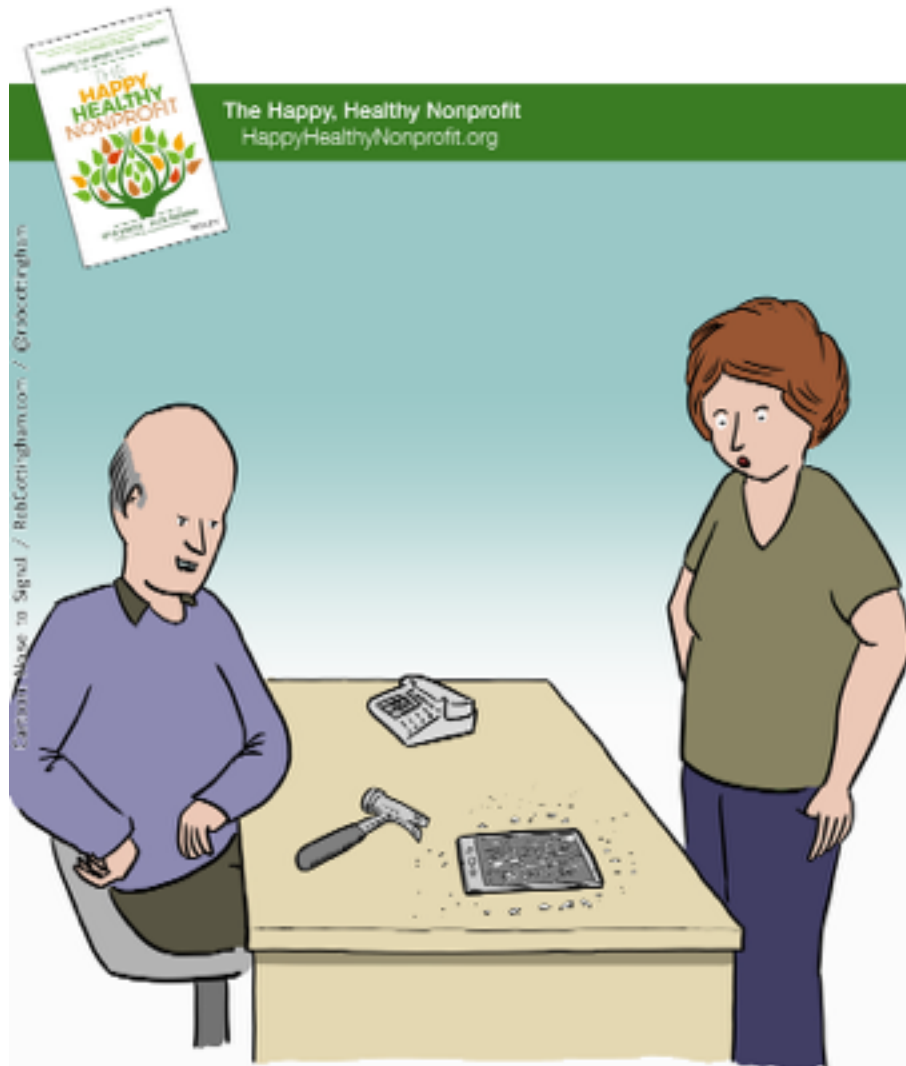


Tip 1: Protect Your Sleep



Well, on the up-side, I'm a shoo-in to win the office sleep-deprivation pool.

Tip 2: Unplug regularly (and often).



I found the "notifications off" setting.

Tip 3: Walk More.



The Happy, Healthy Nonprofit
HappyHealthyNonprofit.org

Cartoon: Nose to Signal / RibCottingham.com / @ribcottingham



So far, everything's working with our walking meetings
except the whiteboard.