

How can we help you reach your health goals?

Would you like to:

Sleep better



Be more active



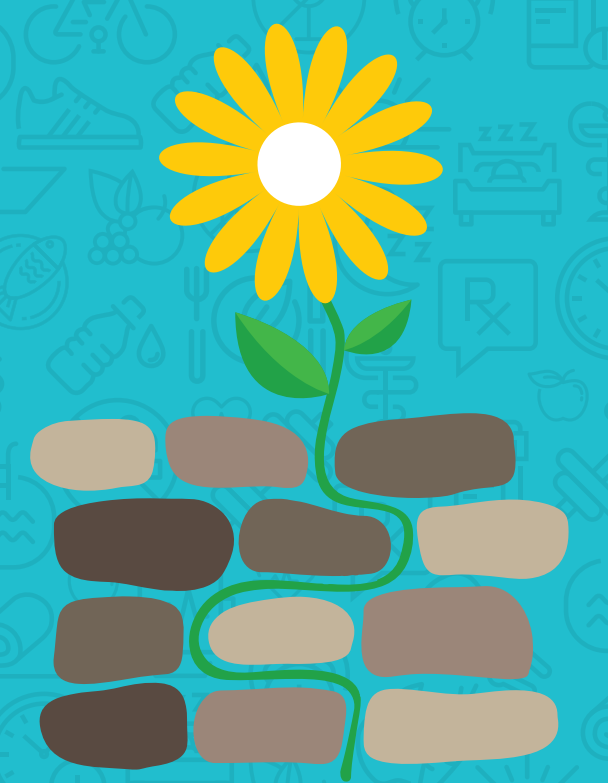
Eat healthy foods



Manage stress



Improve your mood



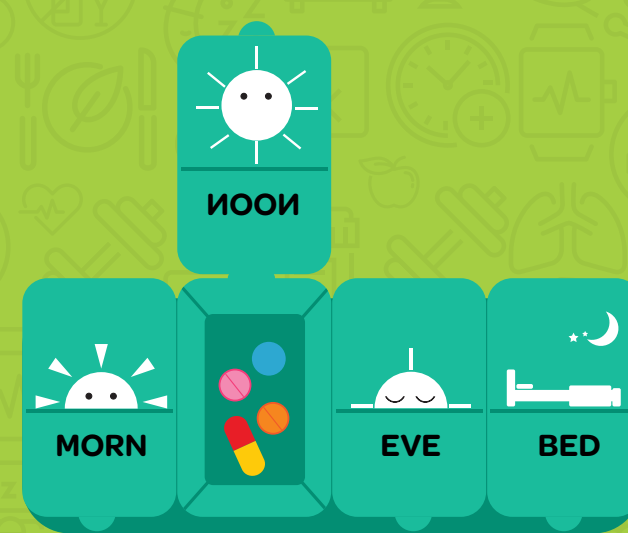
Quit smoking



Drink less alcohol



Take your medicine regularly



Take charge of your pain



Connect with others



Ask about our resources to help you get started today!



CHANGE *that*
MATTERS

Promoting Healthy Behaviors