

# 5 Healthy Reminders

1



EAT YOUR VEGGIES TO REDUCE STRESS.\*\*

GET A GOOD NIGHT'S SLEEP SO YOU'LL RETAIN NEW INFORMATION.\*



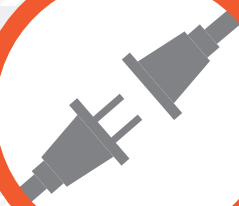
2

3



LEARN TO SAY NO TO THE ACTIVITIES AND PEOPLE THAT DON'T SERVE YOUR WELL-BEING.

TAKE TIME EACH DAY TO UNPLUG AND JUST BE IN THE MOMENT. IT KEEPS YOU SANE!



4

5



IMPROVE YOUR PATIENTS' HEALTH BY REACHING 100% OF THEM WITH PRACTICEMOJO.