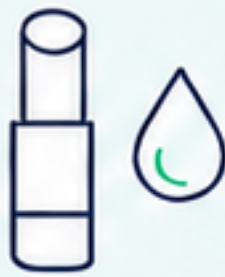


August

LIVE WELL

B I N G O



 DID YOGA IN THE PARK	 TOOK A MORNING WALK	 HAD A COFFEE TREAT	 CONNECTED WITH NATURE	 PUT MY PHONE AWAY
 TRIED SOMETHING NEW	 CALLED A FRIEND	 TRIED REIKI	 VOLUNTEERED	 PRACTICED GRATITUDE
 TOOK A PILATES CLASS	 DANCED TO A FAVORITE SONG	 FREE — LIVE WELL YOUR WAY	 CLEARED ONE SMALL SPACE	 SAID NO WITHOUT GUILT
 MOISTURIZED LIPS AND SKIN	 MADE TIME TO READ	 GOT A NUTRITION TIP	 GAVE SOMEONE A COMPLIMENT	 SHARED A GOAL WITH A COACH
 STACKED A HABIT	 DID SOMETHING CREATIVE	 SUPPORTED A WOMEN-LED BUSINESS	 SUPPORTED A LOCAL BUSINESS	 PLANNED SOMETHING FUN