

# Start Playing a New Tune

By employing a variety of methods to get In Tune with what is causing us stress, we can better appreciate life's symphony. Our latest wellness challenge will assist you in identifying the strategies that work best for you!

**Fitness:** Remaining strong and healthy to weather the stress response.

**Relaxation:** Learning to calm and quiet the body, mind, and spirit.

**Clarity:** Identifying your top priorities and seeing the rest as just 'stuff!'

**Social Harmony:** Building and maintaining relationships that "help cushion the fall of a stressful day."

## Sign Up Today!

