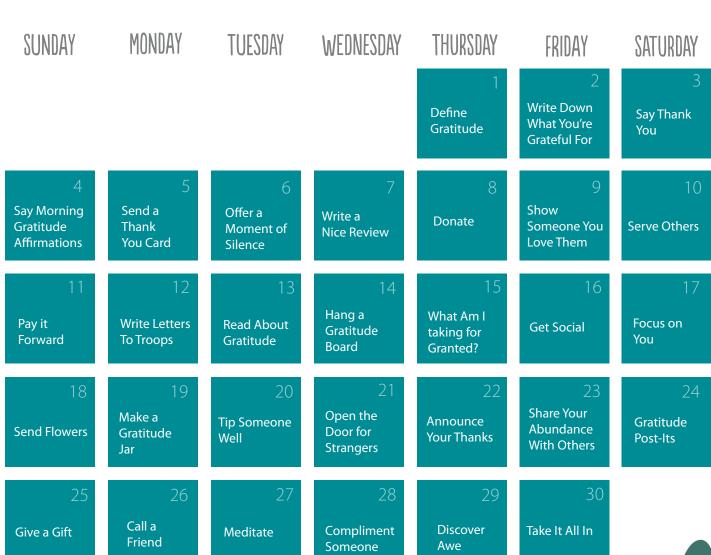


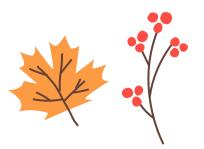
Throughout the month of November, we encourage you take part in the Gratitude Challenge.

It encourages people to deeply reflect on the topic of gratitude. By participating in a daily gratitude challenge, it helps you to consider all that is good in your life. It creates a moment for reflection and changes negative thinking patterns in your brain. Plus, it offers moments to show your appreciation toward others.

Learn more at TotalWellnessHealth.com



NOVEMBER GRATITUDE CHALLENGE 2018



GRATITUDE CAN TRANSFORM COMMON DAYS INTO THANKSGIVINGS, TURN ROUTINE JOBS INTO JOY, AND CHANGE ORDINARY OPPORTUNITIES INTO BLESSINGS. WILLIAM ARTHUR WARD

