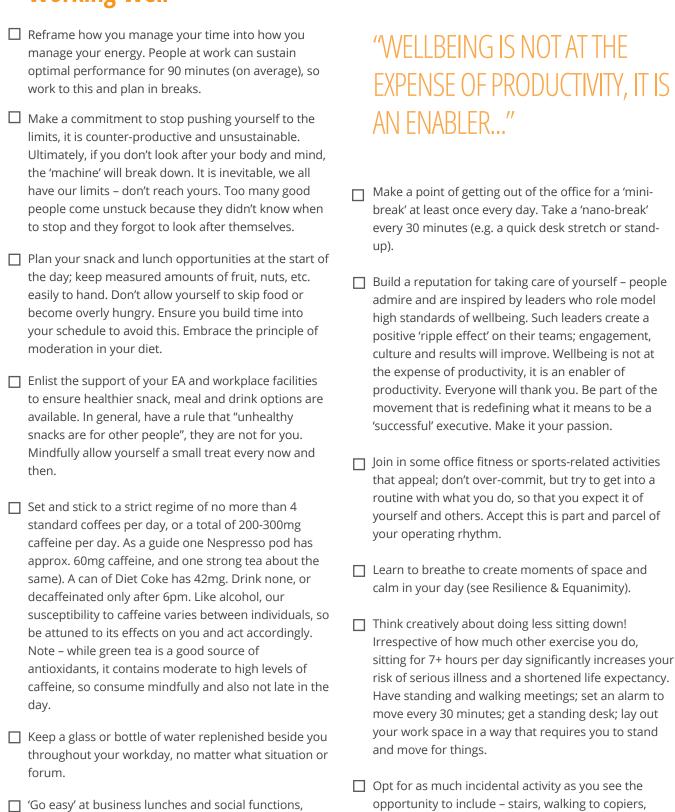
## **VITALITY & ENERGY**

## **Working Well**





going around to talk to a colleague rather than

emailing.

most people these days are trying to be more careful

and so you won't be alone. Think more creatively around entertainment options (shows, sporting

events).