



# SHOW YOURSELF SOME LOVE



## Move Your Body



Take a visit down the hill to the Fitness Center  
Did you know group fitness classes are offered for FREE

## Take a Break



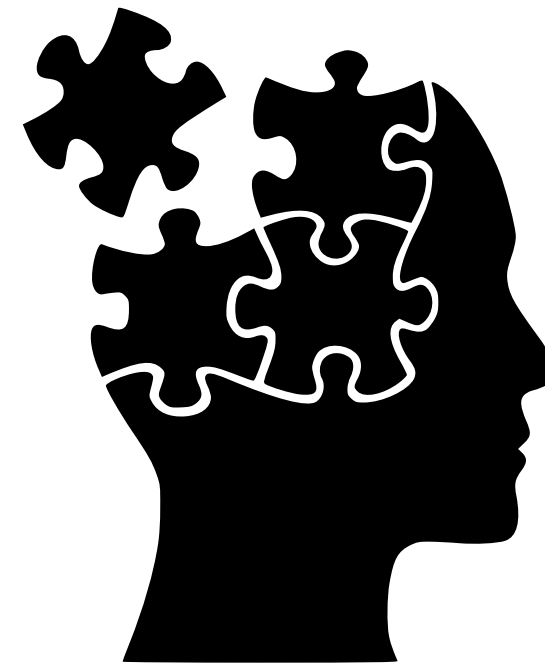
Visit our virtual relaxation room at any time for a quick break

## Affirmations



Find 5 minutes during your day to practice positive self-talk

## Be Creative



Self-care looks different for everyone. Try out some different techniques and figure out what makes you feel good and works best for you

Self-love is the most important love. The more you practice self-love, the more natural it will feel!

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