



SPRING WELLNESS TIPS

Try a digital detox. Spring into the new season with less screen time.

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Increase hydration as the weather warms. Try to substitute water for sugary or alcoholic drinks

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Spring clean your home. Get rid of clutter that is taking up space

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Be sun safe. Wear long-sleeved shirts and long pants in the sun when possible

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Reconnect with friends & family alfresco style

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Increase your intake of fruit & vegetables

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Get moving & soak up the sun's rays before summer arrives