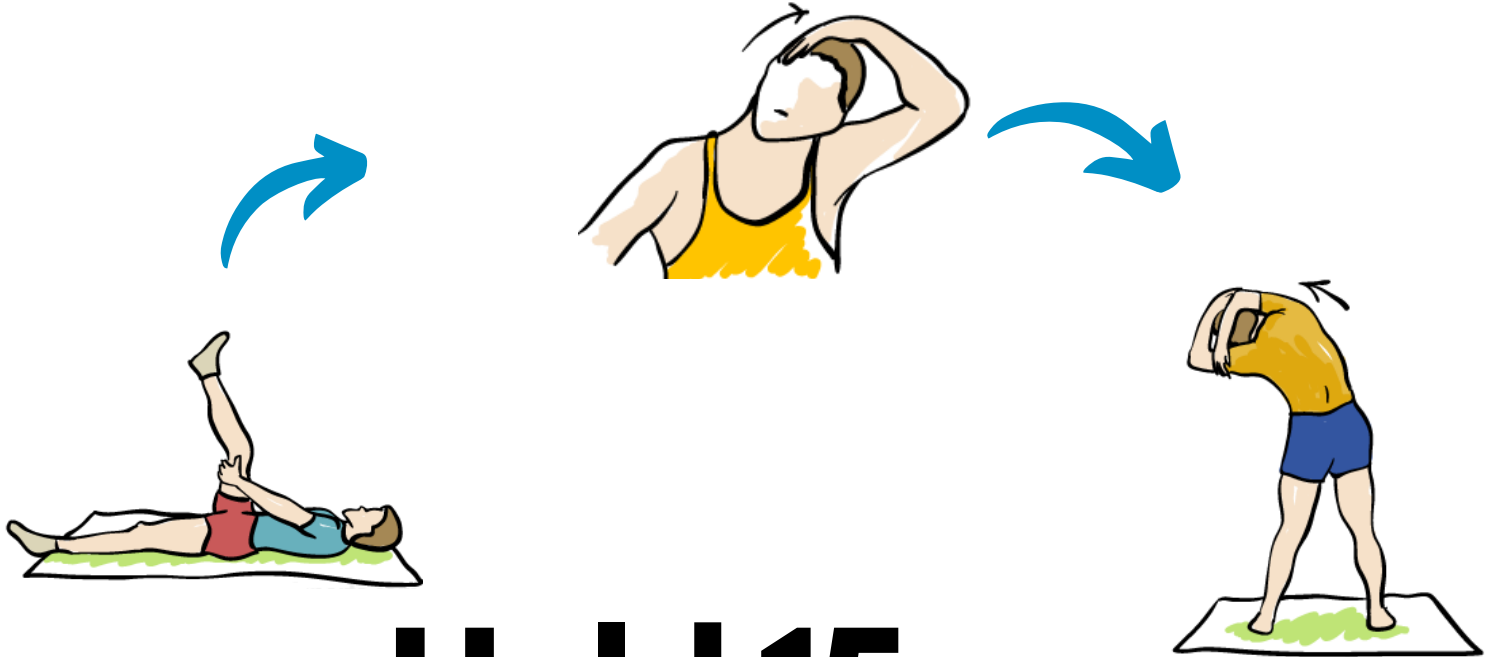


# Wellbeing that Works - **STRETCH BREAK**



**Hold 15 sec.  
Each Side**

RECHARGE WITH THESE STRETCHES  
EVERY 3 HOUR DURING YOUR DAY

