

**BE
WELL.**

Nurture your best self.

INVEST IN YOURSELF.

SELF CARE WITHIN IN ORDER TO GO BEYOND

WELL-BE·ING

n. individual health, fulfilment, and happiness

ASK YOURSELF: AM I...

EXPRESSING MY BEST SELF?

BRINGING OUT THE BEST IN OTHERS?

*7 DIMENSIONS OF
WELLBEING*

PHYSICAL
MENTAL
SOCIAL
EMOTIONAL
SPIRITUAL
INTELLECTUAL
ENVIRONMENTAL
OCCUPATIONAL

**BE
YOU.**