

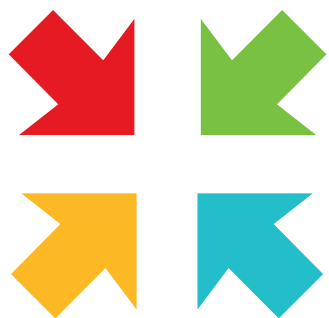


# The Revolution is coming.

Join the Resolution Revolution  
and improve your health  
in just minutes a day.

The Resolution Revolution is a challenge ... an opportunity for you to examine your everyday choices, and make positive lifestyle changes to reduce stress and improve your overall health – today and in the future.

[See your Health Advocate or visit the stop-by booth] to pick up your handout and tracking sheet.



here + now  
on site. on line. on call.

Here:

Now:

