

# "Strengthen Your Skills & Boost Your Confidence"

☞ Activity helps to develop a wide array of skills

- Walking is the easiest & safest. It can also be fun: a fine day, a good companion, an attainable goal a scenic spot
- Practice simple exercises without over exerting your self
- Practice deep breathing, meditation & relaxation



Be TUNED IN to know more.....

For more guidance & tips email to - [activity@wellnessway4u.com](mailto:activity@wellnessway4u.com)