Children -5

"Be Focussed"

- Life is a challenge face it
 - Avoid people who scare you and talk to those who help and heal
 - · Play for around half an hour daily to keep the brain fit and active
 - · Do not discuss about careers while studying.



Be TUNED IN to know more.....

For more guidance & tips email to - children@wellnessway4u.com

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