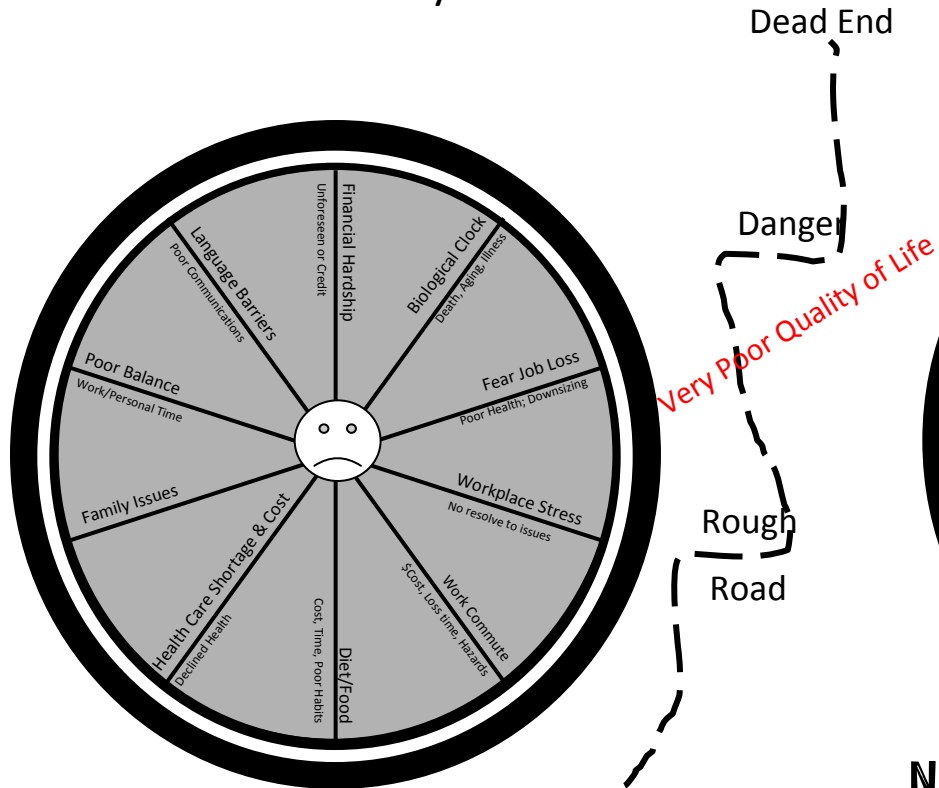


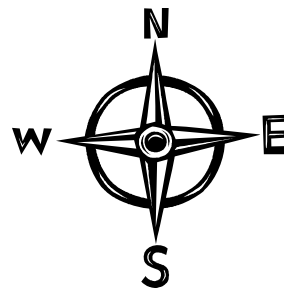
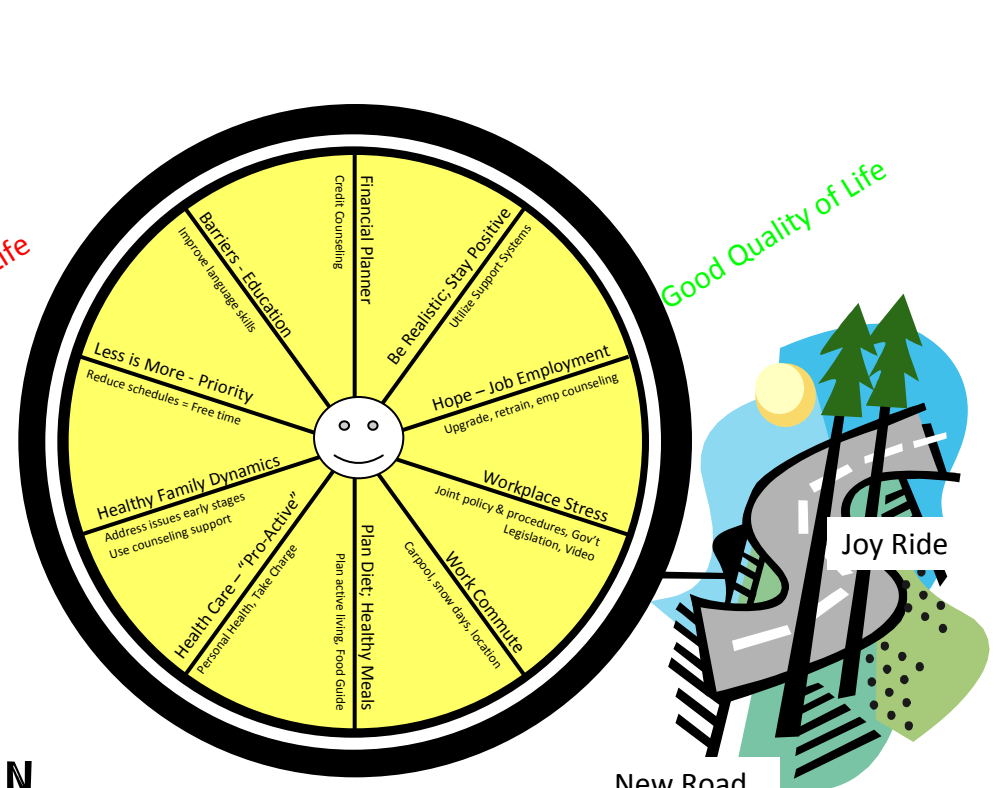
# Your Wheel of Life = Your Road of Life

## Road Map to Wellness

Awareness to Identify Stress



Reduce Stress – Tools & Goals



Make Changes

**Stress:** A state in which a strong demand is made on the nervous system, bringing feelings of anxiety, fear, frustration, anger and hopelessness. If left unresolved, disease and disorders may develop.