

- ✓ Meet Mary Alice for a run.
- ✓ Pick up veggie tray for party.
- ✓ Go shopping for red pumps.
Take clothes to dry cleaner.
Meet Susan for lunch.



It is what it is...

Your voicemail is full and the phone is still ringing. Your social calendar is packed. Schedule some time now for your health! Do the little things today for a healthy life tomorrow.

*It's all about me.
a healthy*

