



EMBRACE Your Workplace

WELLfluent™ tips for a happy, healthy workplace



EMBRACE Your Workplace offers tips to make healthy habits a part of your employees wellness routine.



How a Family Garden Will Improve Your Health

Whether you have an acre of land or a few pots on a balcony, plant a family garden: You'll all live healthier!

[CLICK HERE FOR GARDENING ACTIVITIES](#)



10 ways to deal with stress Helpful tools to help you manage daily stress.

Everyone gets stressed. You can't escape it. But how you deal with it is mainly up to you. Here are some tools to help you reduce stress in your life.

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Mindful Awareness Moment

April is Humor Month. It is known to improve well-being, boost morale, increase communication skills and enrich quality of life.

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