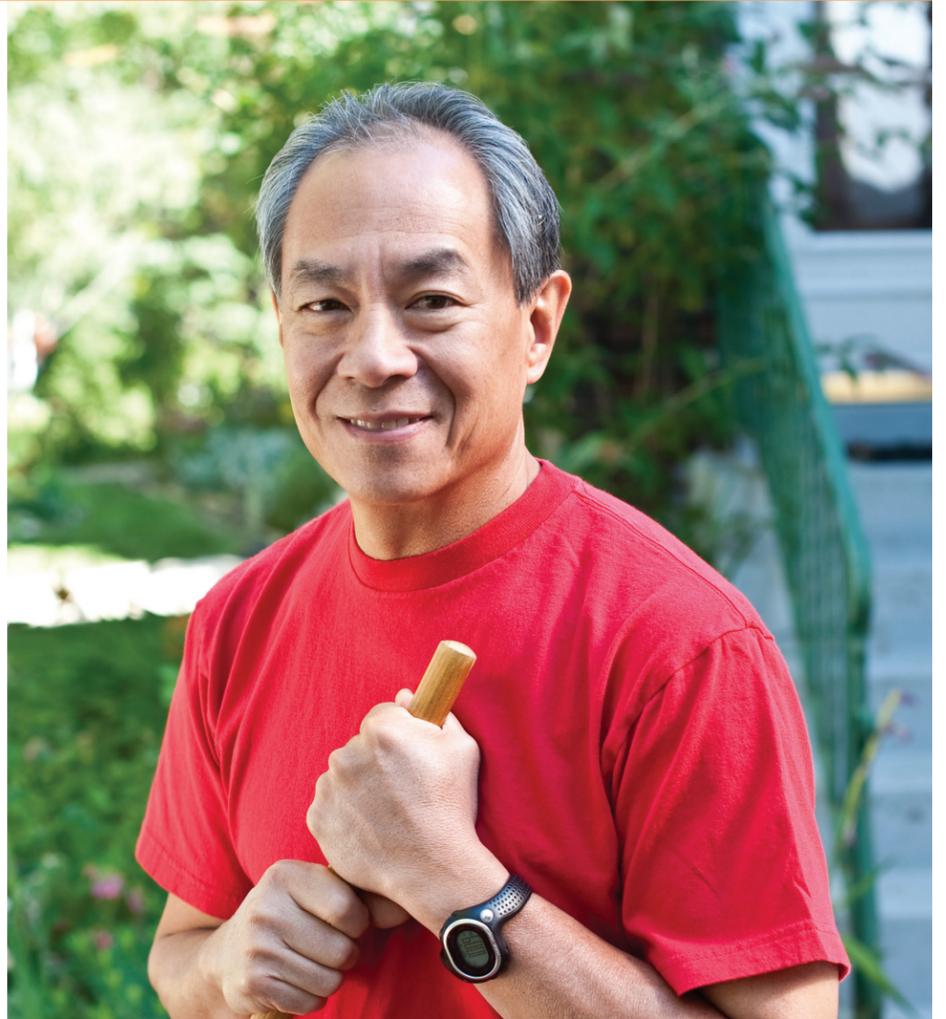


Where Did That Headache Come From?

FACT

Daily, unmanaged stress may be the cause of your next migraine headache, cold or flu bug. The key to coping is to identify the source of your stress, and find ways to reduce it.



"I'm making myself a priority, setting aside time each day just for me."

Take a Step in the Right Direction!

Discover how small steps can lead to big improvements in your well-being.

Norfolk Consortium Wellness Program
<https://www.myhealthiq.com/>
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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and a better you.

