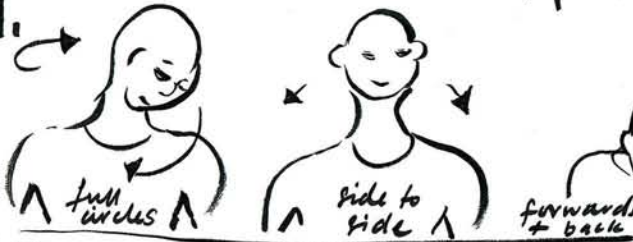


WORK PLACE WELLBEING

5 minute exercise plan.



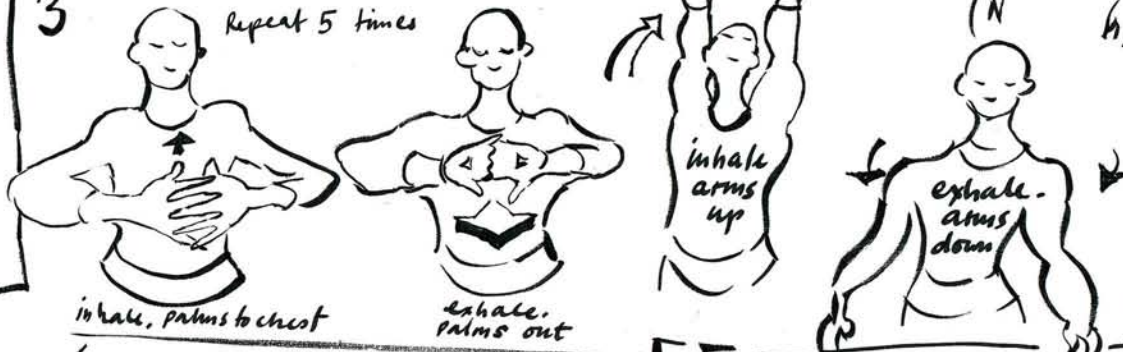
1. neck stretches. Repeat 5 times



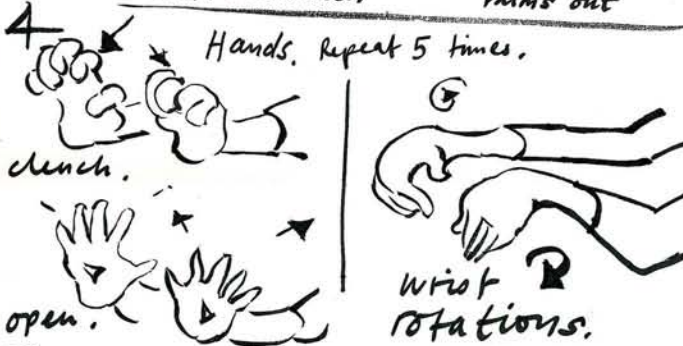
2 shoulder shrugs. Repeat 5 times



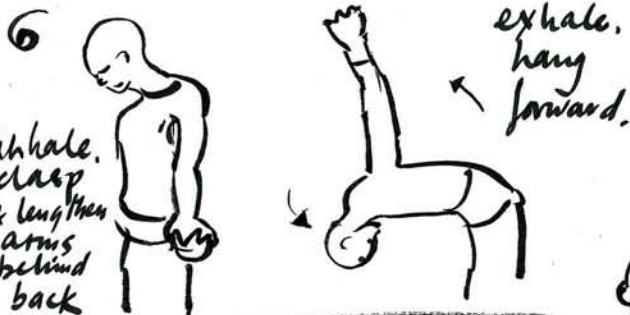
3 Repeat 5 times



4 Hands. Repeat 5 times.



5 Repeat 5 times



Lee Pomeroy

Sponsored by: dream