

Make one positive change this year

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NEW YEAR NEW YOU

drink less

budget better

deal with debt

balance work-life

get fit

lift mood

lose weight

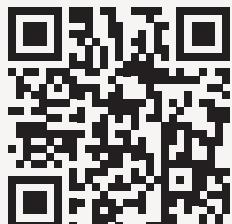
quit smoking

tackle issues

2020



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IMPROVING MENTAL HEALTH

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