

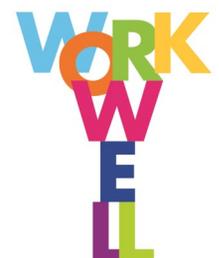
**DON'T STRESS
YOURSELF OUT
DURING THE
HOLIDAY SEASON!**



DO ONE THING
AT A TIME!

MAKE A LIST AND
FOLLOW IT!

GO FOR A BRISK
WALK!



LIVING HEALTHY WORKS.
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES