

LIFESTYLE TIP OF THE MONTH - December 2022

Power of Gratitude

“A thankful
heart is
the parent
of all
virtues.”
-Cicero



- Gratitude is a gift that nourishes your body and soul.
- Gratitude can play a huge role in well being of an individual due to the happiness and satisfaction it brings.
- Gratitude helps to relieve symptoms of depression, anxiety, and stress.

Be optimistic and experience the power of gratitude!

