Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize
 Flex & release hands 	Flex & release hands	Flex & release hands	Flex & release hands	• Flex & release hands	Flex & release hands
to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru
hands & upper body	hands & upper body	hands & upper body	hands & upper body	hands & upper body	hands & upper body
 Breathe slowly to calm things 	Breathe slowly to calm things	Breathe slowly to calm things	Breathe slowly to calm things	Breathe slowly to calm things	Breathe slowly to calm things
STREET streetcare.us	streetcare.us	streetcare.us	streetcare.us	streetcare.us	streetcare.us
Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize
• Flex & release hands	• Flex & release hands	Flex & release hands to do strong & operation	Flex & release hands to do strong & operation	Flex & release hands to de-stress & energize	Flex & release hands
to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	to de-stress & energize Shake out tension thru	to de-stress & energize Shake out tension thru	Shake out tension thru	to de-stress & energize Shake out tension thru
hands & upper body	hands & upper body	 hands & upper body Breathe slowly to 	 hands & upper body Breathe slowly to 	 hands & upper body Breathe slowly to 	hands & upper body
 Breathe slowly to calm things 	Breathe slowly to calm things	calm things	calm things	calm things	Breathe slowly to calm things
STREET CARE streetcare.us	STREET streetcare.us	streetcare.us	STREET CARE streetcare.us	streetcare.us	streetcare.us
Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize
 Flex & release hands to de-stress & energize 	 Flex & release hands to de-stress & energize 	 Flex & release hands to de-stress & energize 	 Flex & release hands to de-stress & energize 	 Flex & release hands to de-stress & energize 	 Flex & release hands to de-stress & energize
 Shake out tension thru hands & upper body 	 Shake out tension thru hands & upper body 	 Shake out tension thru hands & upper body 	 Shake out tension thru hands & upper body 	 Shake out tension thru hands & upper body 	Shake out tension thru hands & upper body
Breathe slowly to	Breathe slowly to	 Breathe slowly to 	Breathe slowly to	Breathe slowly to	Breathe slowly to
calm things	calm things	calm things	calm things	calm things	calm things
STREET CARE streetcare.us	streetcare.us	STREET streetcare.us	STREET CARE streetcare.us	STREET streetcare.us	streetcare.us
Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize	Wellness Tip: De-Stress & Energize
• Flex & release hands	• Flex & release hands	Flex & release hands to de strong & sporeize	Flex & release hands to de strong & energing	Flex & release hands to de strong & sporging	• Flex & release hands
to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru 	 to de-stress & energize Shake out tension thru
hands & upper body	hands & upper body	hands & upper body	hands & upper body	hands & upper body	hands & upper body
 Breathe slowly to calm things 	Breathe slowly to calm things	Breathe slowly to calm things	Breathe slowly to calm things	Breathe slowly to calm things	Breathe slowly to calm things
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