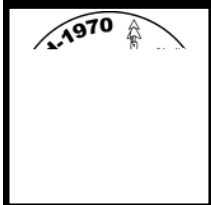
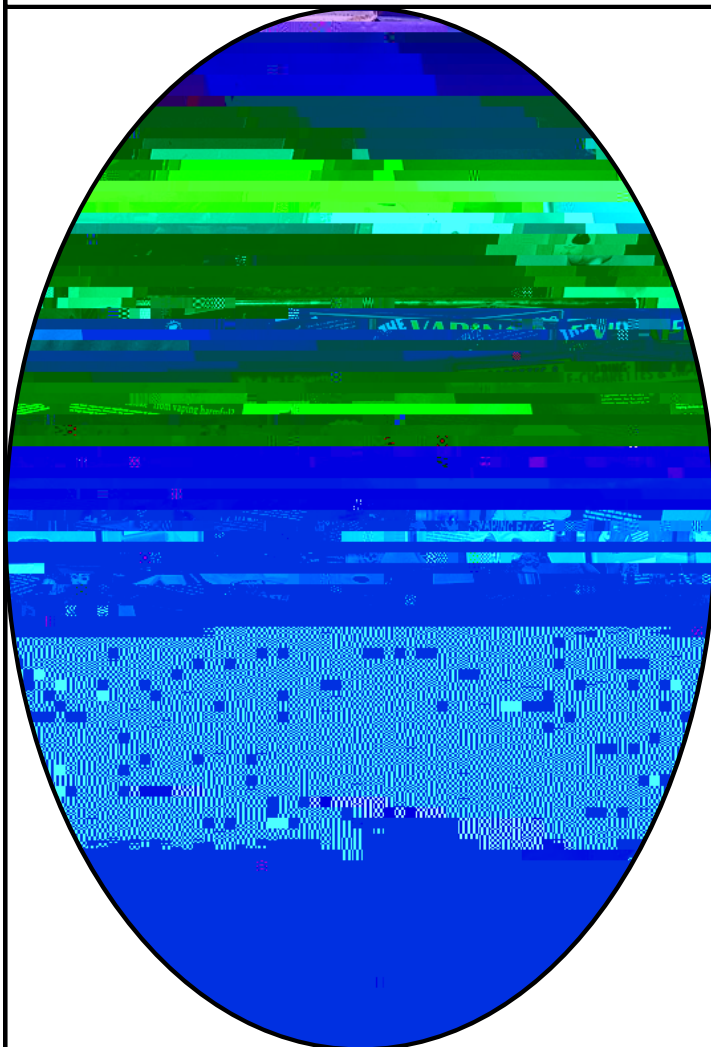
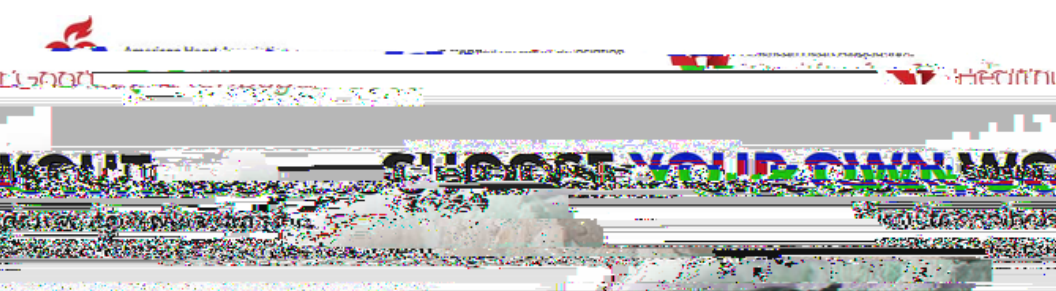


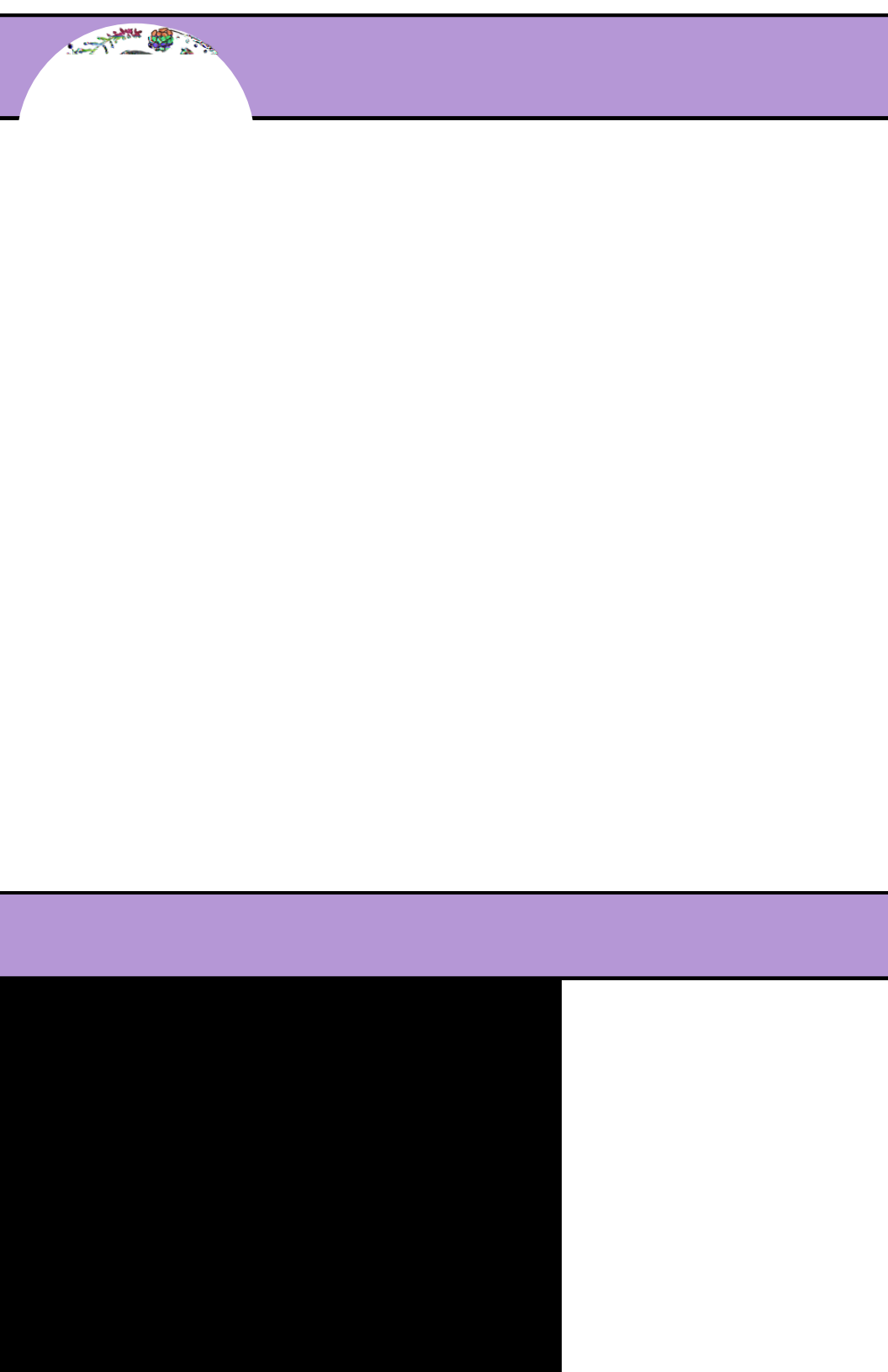


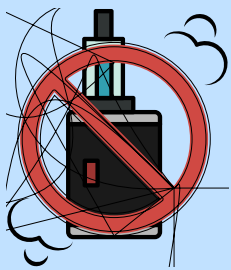
A E L ELLNE NE LE E

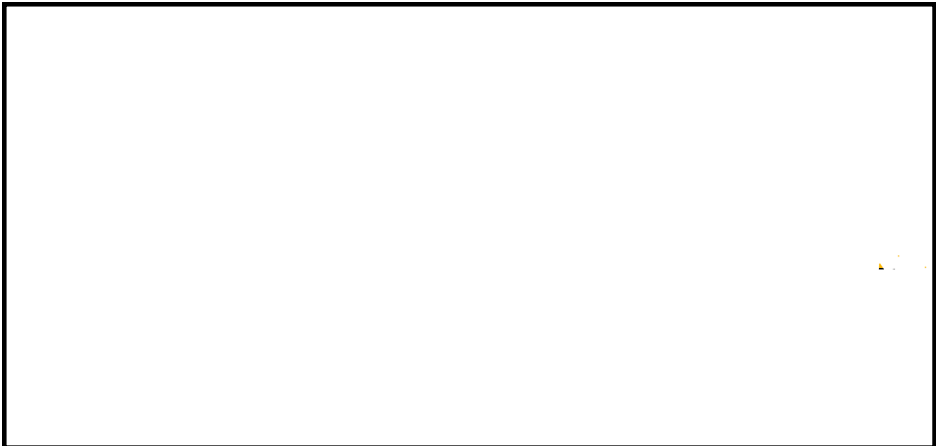




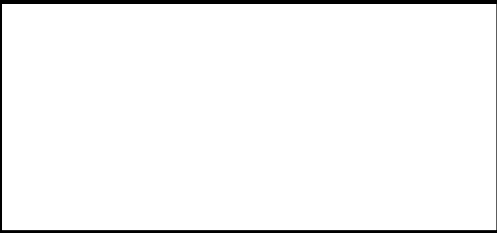
WHAT IS YOUR FAVORITE WAY TO STAY ACTIVE? SEND US EVIDENCE OF YOU PARTICIPATING IN YOUR FAVORITE TYPE OF EXERCISE OR SEND US YOUR ROUTINE USING THIS GUIDE TO WELLNESS@NSH-CORP.ORG TO RECEIVE AN INCENTIVE!







Community Events



Learn more about
the MINDBODY
app here!

