



www.sewausa.org/self

Know your Healthy

# S.E.L.F



4 Pillars of a Healthy Lifestyle

More Details: [www.sewausa.org/self](http://www.sewausa.org/self)

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## SLEEP

Feel Rejuvenated & Fresh

## EXERCISE

Feel the Endorphin Release & be Happy

## Living in the Present

Be Mindful & Feel Grateful

## Food

Feel Energized throughout the Day

Register



Free Program offered by Sewa  
Vikas Arora: 678-576-7864

