

GOOD HEALTH IS GIVING.



Embrace good health and share it with others. Learn safe and healthy ways to help your friends and family enrich their minds, strengthen their bodies, and soothe their souls.

MIND-BODY HEALTH

Your thoughts, moods, attitudes, and behaviors have a big influence on your overall health. Take advantage of the natural healing power of your mind to help you relax and relieve stress, improve your mood, make healthy lifestyle changes, and enhance your relationships.

Go to kp.org/mindbody for tips on how to stay healthy in mind, body, and spirit.

[Click to visit kp.org/mindbody](https://kp.org/mindbody)

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