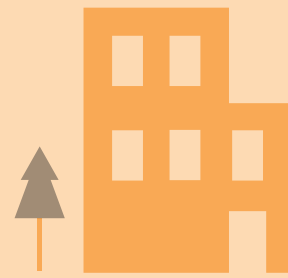


# GET ACTIVE

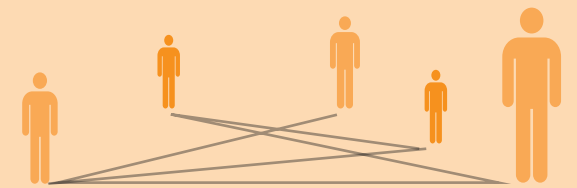
## Workplace Wellness

What gets you out of bed in the morning? Use these tips to help further discover your sense of belonging.

### AT WORK



Understand not only your job description, but what it means to be part of your organization's culture.



Invest in relationships at work and take a genuine interest in your coworkers lives.



### IN THE COMMUNITY

Research the causes or issues important to you. Look for a group that works with issues about which you feel strongly.



Consider volunteering as a family, which can be a powerful shared experience.

### IN EVERYDAY LIFE

Connect with people. Close relationships with friends and family can add **7 YEARS** to our lives.



Find someone to whom you can communicate your life purpose, along with a plan for realizing it.

Whatever you are doing in the moment, do it as well as you can.



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