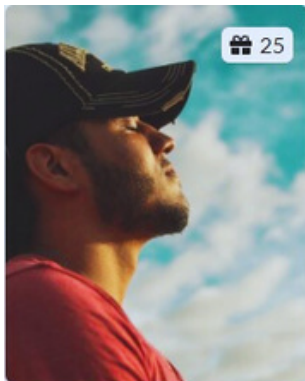


Self-care Spotlight at Work

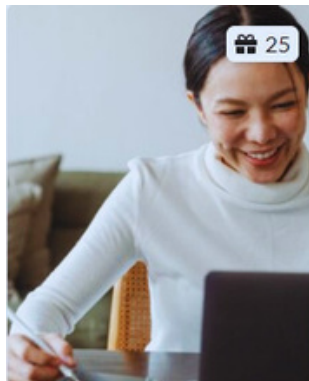
NEW

REACH WELL-BEING ACTIVITIES

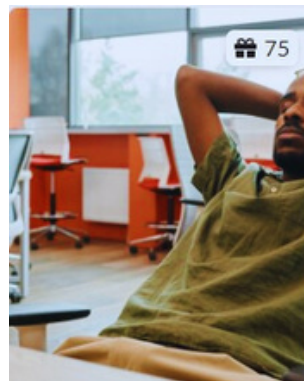
Explore the [Reach Well-being Program](#) online or with the Limeade One app to expand your self-care practices at work. Four new Self-care at Work activities will be available through September 15 to October 31.



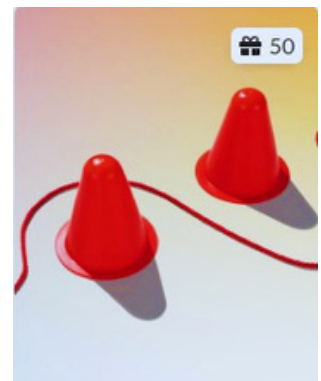
1-Minute Mindfulness at Work



Be a Positive Voice at Your Organization



Finding Self-Care Opportunities at Work



Self-Care: Setting Boundaries at Work

Choose from more activities like these including

- **Building Your Natural Compassion Muscles**
- **Define and Achieve Your Goals**
- **Let Music Works Its Wonders**
- **Too Busy to Be? Now is Your Moment**
- **and MUCH MORE...**

Make time for self-care with the Limeade One App



**Enter Code:
SEATTLE**