

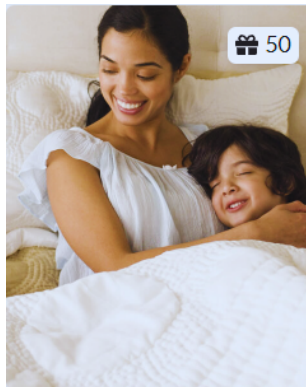
Seattle's Self-care Spotlight

REACH WELL-BEING ACTIVITIES

Log in and explore the [Reach Well-being Program](#) to expand your self-care knowledge and practice new habits. The Self-care Spotlight activities will be available through March 2023 and new activities & challenges will be added throughout the year.



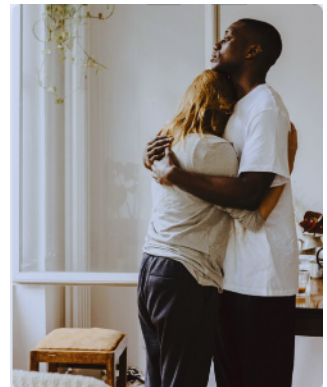
Schedule Recovery Time for Your Team



Getting More and Better Sleep



How to Squeeze Mindfulness Into Your Day



Mindfulness: Feeling Overwhelmed? Find Ease

Choose from over 10 new activities including

- **Assess Your Team's Burnout Risk**
- **Stress & Your Body**
- **Your Heart Health Matters**
- **Fill Half Your Plate with Veggies & Fruit**
- **and MUCH MORE...**

Make time for self-care on the go with the Limeade App



**Enter Code:
SEATTLE**