

Making Vitality Your Reality



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Vitality

[vahy-tal-i-tee]

noun, plural vi-tal-i-ties.

- exuberant physical strength or mental vigor: *a person of great vitality.*
- capacity for survival or for the continuation of a meaningful or purposeful existence: *the vitality of an institution.*
- power to live or grow: *the vitality of a language.*

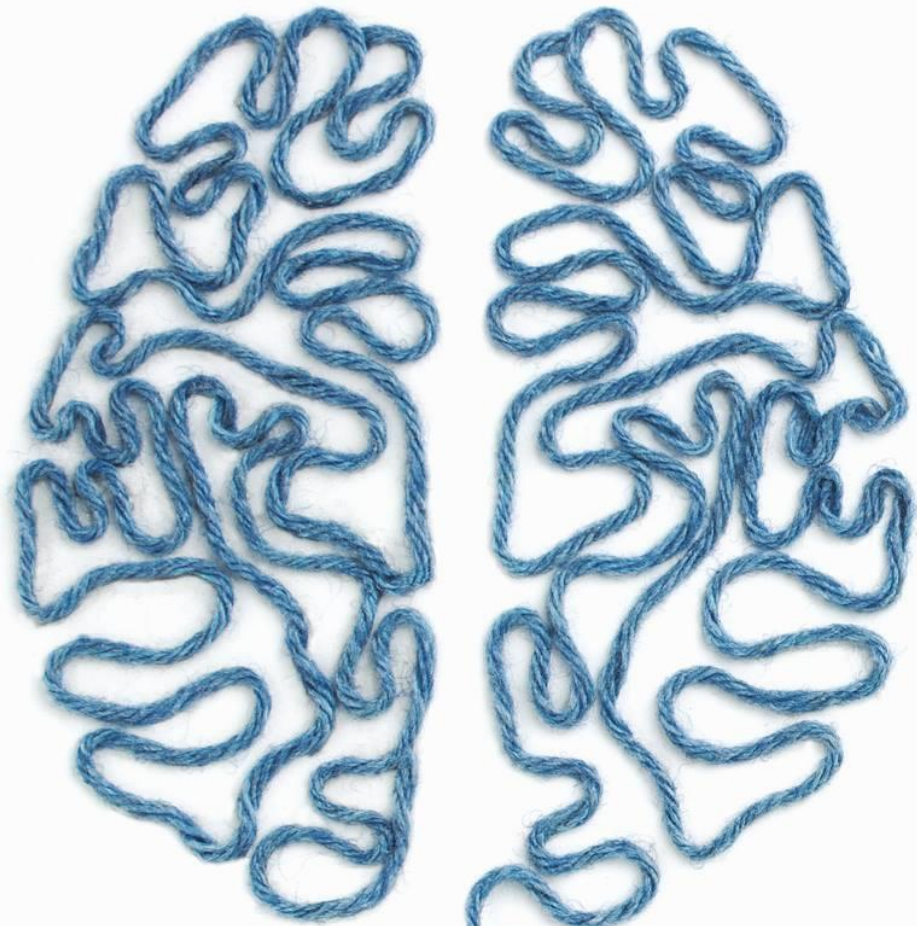
Choices





Be
Happy.

Emotional Intelligence



Building Bonds





Be Bold.
Be Confident.
Be Courageous.
Revitalize.



Self-Care



Be
Yourself.





**Thank
You!**

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