



# Life Balance

Create  
your own path  
to wellness



You and your family now have access to discounts at over 10,000 **recreational, cultural, wellness and travel** based businesses and a suite of online **wellness tools** including planning, tracking and journaling tools, calculators and informative articles to help you lead a balanced life.

To get started visit [www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com) and create your free personalized MyLifeBalance account.

Save on events, tickets, retail items, classes, activities and more! Take personal growth quizzes. Plan and track your fitness routine. Start a walking program. Find healthy recipes. Learn about healthy, stress-relieving activities and much more.

So what are you waiting for? Visit [www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com) and start creating your own path today!

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