

You are receiving this email because you are an FOH employee or an FOH agency point of contact. We also want our clients to receive this message. We appreciate your help getting the word out. Please delete this opening paragraph and forward this email to FOH end-users. Thank you!

August is Emotional Well-Being Month



*feeling great
starts here*

Take a moment to discover [Five Ways to Improve Your Emotional Well-Being](#).

Maintaining emotional health is every bit as important as maintaining physical health. In fact, when you are emotionally unwell, it can often have a negative impact on your *physical* health as well.