



## ***My turn My time My plan***

*I have a special wish for you,  
a wish that lasts the whole year through.*

*A daily dose of time for yourself  
time for leisure, your fitness and health.*

*Your health is very important to me,  
your joy, your love, your energy.*

*You spend your time caring and giving;*

*now it's*

*Your turn, Your time,*

*for healthy living.*

*- C. Stahlbrand*