

Let's Press the Button!

This year, we're focusing on Fresh Starts!

Choose just 3 Healthy Changes you'd like to make this January, as a family or just for yourself
It takes just 21 days to form a habit so why not track your progress?

What Healthy Changes are you making?

Track your daily progress!

Health Goal 1

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

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Take some time for yourself everyday!



totalhealth
PHARMACY

Visit totalhealth.ie/newyear for advice about meeting your health goals this year