



# How do friendSHIPS keep you anchored?



## You feel like you belong

True friends never judge you, even when they disagree.





## Friends keep you grounded

They help us see what is happening from a different point of view and help you make better decisions



**No pressure to be  
someone you are not**

Friends let you be who you are



# Friends keep you healthy

Social connections make for happier people and longer lives



# Employees can sail to the shores of health & wellbeing with these services



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars