

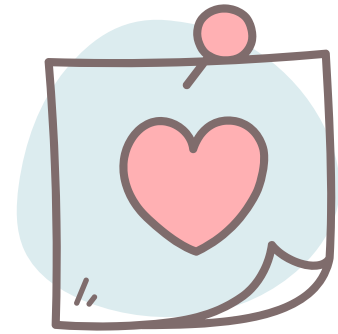
5 HEALTHY & HAPPY *habits for fall* FOR COUPLES



hug more often



invest in your
relationship



do random acts
of kindness



commit to
regular date
nights



sweat together



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