

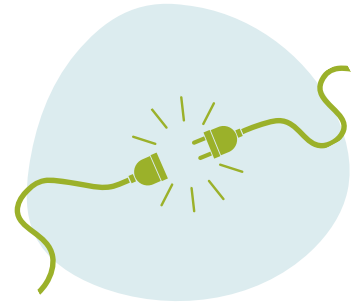
# 5 HEALTHY & HAPPY *habits* FOR FAMILIES



prioritize  
commitments



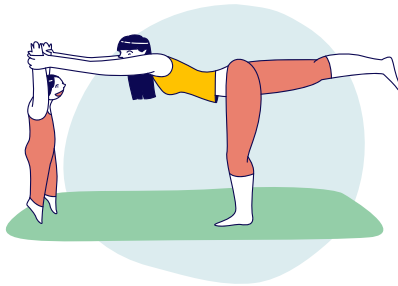
get organized



unplug  
together



share mindful  
meals



exercise  
together



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