

A photograph of two men, one younger with a beard and one older, sitting at a table and working on a wooden project. The younger man is on the left, wearing a dark blue shirt, and the older man is on the right, wearing a red and blue plaid shirt. They are both smiling and looking at the project. The background shows a kitchen area with shelves and a window.

**HOW DO YOU  
FEEL MORE  
'balanced'  
AGAIN?**

**WALK, RUN, CYCLE,  
COOK, LISTEN, PLAY, TALK,  
GO OUT, **HELP OUT...****

**FIND WHAT WORKS FOR YOU**

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