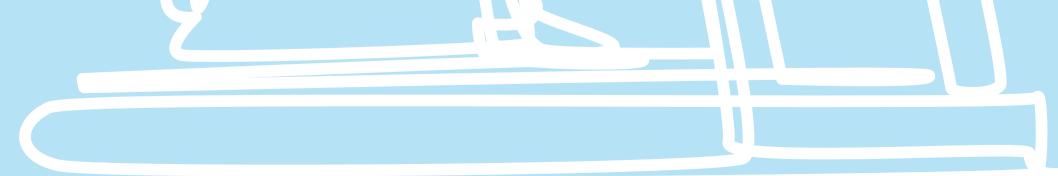
For good mental health: Act - do something! Belong - do something with someone. Commit - do something meaningful.

## Just as our body performs better when we are physically fit, so does our mind when we are mentally fit.







**Mentally Healthy** Partner