



## Quotes



*"In the rush to return back to normal, use this time to consider which parts of normal are worth rushing back to."*

- Dave Hollis

## Wall Angels Exercise



Watch The Video: <https://youtu.be/TYN7RVy7X5o>

## Wheel of Support



Download: <https://www.drnichellerobin.com/download/11153>

## Mentioned In The Video

- Your Wellness Connection Chiropractors: <https://www.yourwellnessconnection.com/chiropractic>