

MORE POSTERS.....

GOOD HEALTH

What Is Good Health?

Harmony of Body, Mind & Spirit is Good Health

Good health through the Body

- Eat healthy foods
- Get enough rest and sleep
- Do regular exercise

Good health through the Mind

- Remove evil thoughts like greed, hatred & jealousy
- Develop pure thoughts, Be positive & self-confident
- Follow good leaders

Good health through the Spirit

- Have inspirational thoughts
- Be kind hearted and giving
- Develop self-discipline and charity

"Health is the greatest gift, contentment the greatest wealth ..."

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Your Inner Computer

Silent Sitting connects you to your inner computer

Silent Sitting

- Concentration
- School Marks
- Happiness
- Problem Solving
- Ideas

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Protect The OZONE LAYER

RECYCLE WASTE

Do Not Waste ENERGY

Do Not Waste WATER

Do Not LITTER

Do Not Waste PAPER

SAVE OUR EARTH

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Share PEACE & LOVE with 2 others and watch the world glow.

Take my little light around the world, I'm going to let it shine!

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