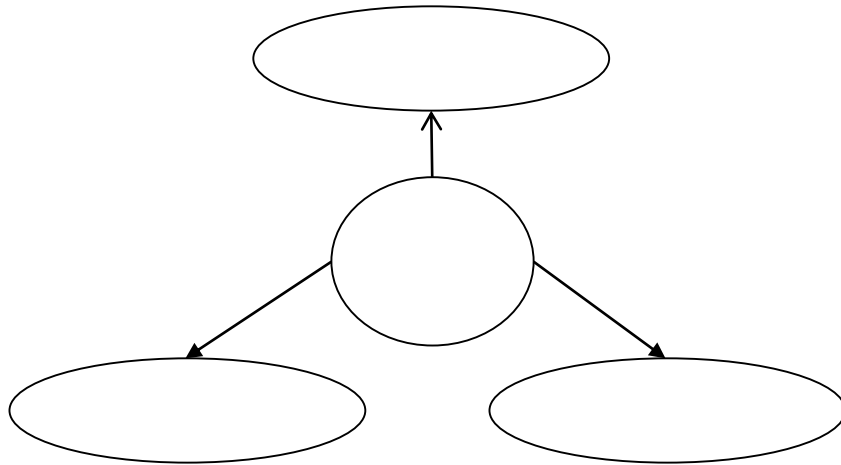
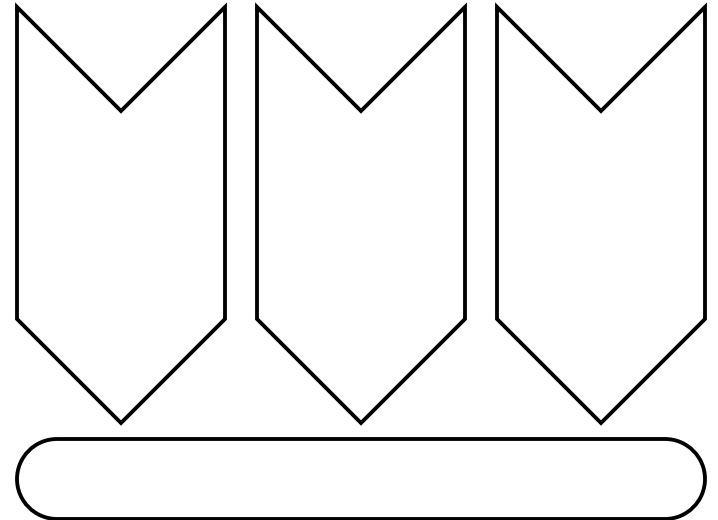


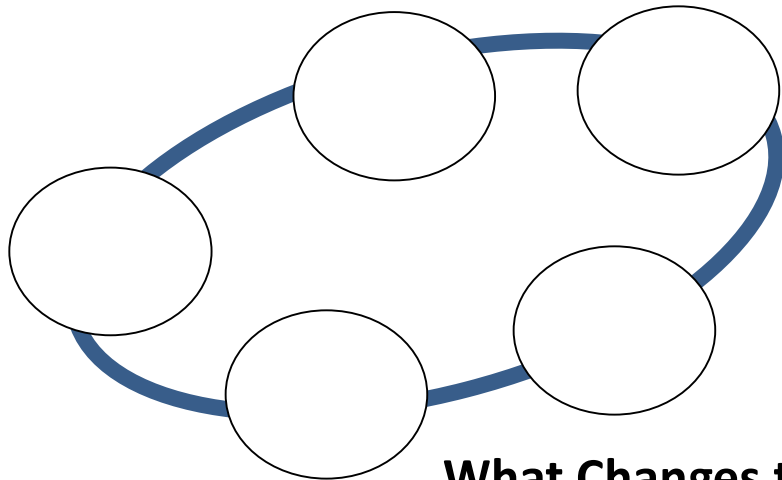
# In the Balance Notes



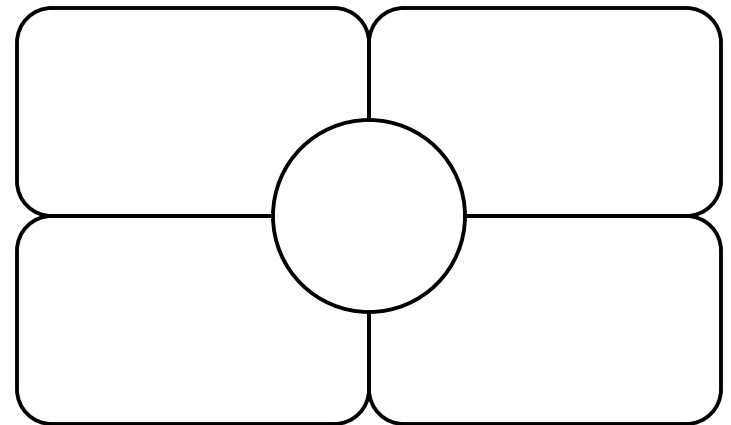
**What Is It?**



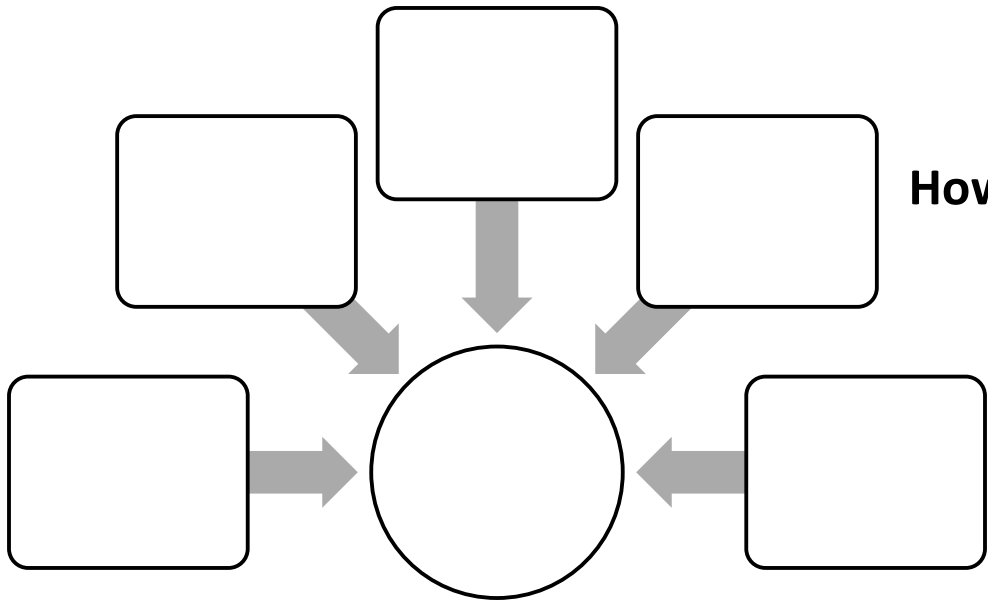
**The Benefits of Balance**



**What Changes the Balance?**

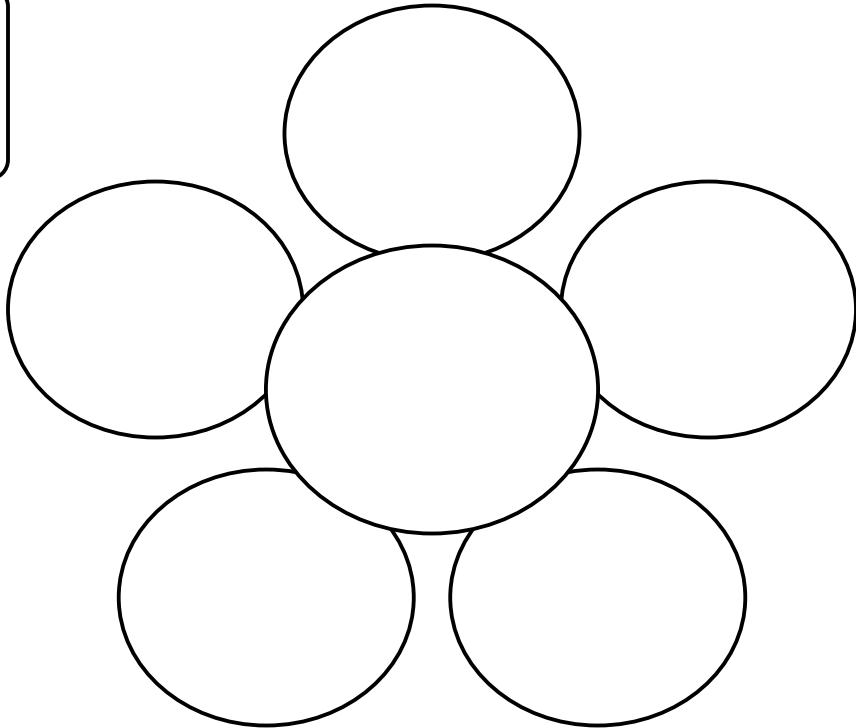


**Signs of Improper Balance**



### How to Manage Balance

### How to Manage Stress



# Hotel Industry Stress
