



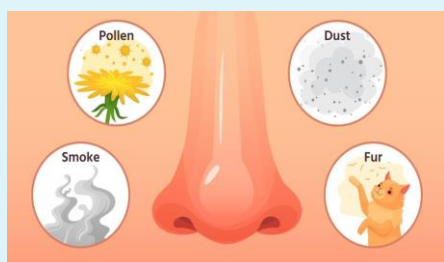
Non- drowsy medication



Signs and symptoms

acute allergic rhinitis may include:

- Runny nose
- Rubbing of the nose
- Itchy nose
- Sneezing
- Itchy, watery eyes

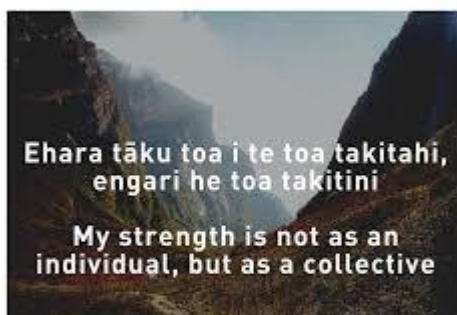


Spring has Sprung



Resilience is the ability to adapt well to any challenges and stressors you may face in life. The more resilient you are, the more you will feel able to “bounce back” from difficult experiences. We all face challenging times in our lives, but it's how we respond to them that make a difference. **1.** Know what you can change or make a difference if not leave. **2.** Make connections with others. **3.** Accept failure & start again. **4.** Be grateful – for everything! **5.** Like yourself

Proverb for September



BODY FACTS

Whether you're left or right-handed, you were born that way. Today one-tenth of the world's population is left-handed.

Recipes to celebrate spring

As new shoots start to creep through, it's time to swap those hearty root vegetables for spring ingredients – lighter, crisper and – of course – delicious. Try a springtime recipe made with new season asparagus, spring onions, purple sprouting broccoli, new potatoes, elderflowers and many more.



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