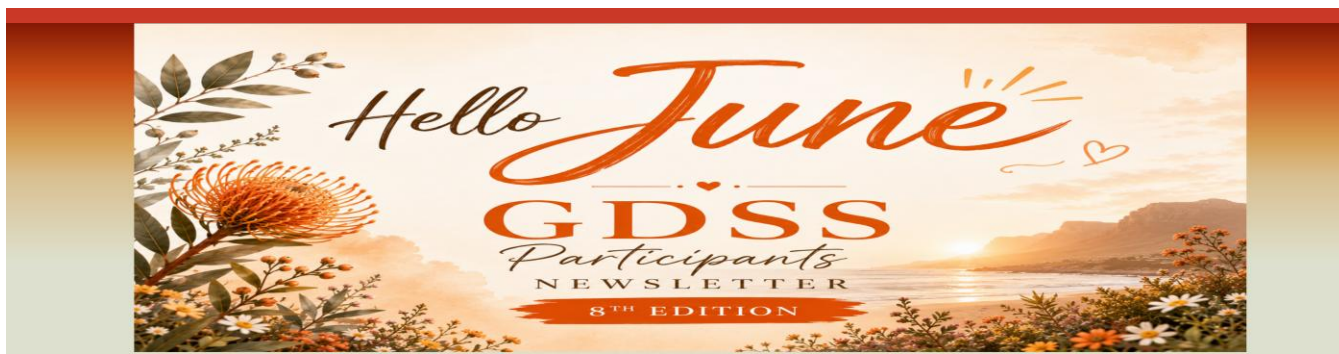




A Message from the CEO - Wayne Tynan

As we welcome June, it's a great time to reflect on the importance of connection, wellbeing, and supporting one another through all seasons of life. At GDSS, we continue to see the incredible strength within our community, from participants reaching personal goals, to carers, families, staff and volunteers giving so much of themselves each and every day.

This month also brings an important reminder with **Men's Health Week**, encouraging men across Australia to take time to check in on their physical and mental wellbeing. Sometimes the strongest thing we can do is simply start a conversation, ask for support, or make time for our health. We encourage everyone to look out for one another and remember that wellbeing matters for all of us.

June also marks the beginning of the cooler months, and while winter can sometimes feel isolating, it's also a wonderful opportunity to stay connected through community activities, friendships, and shared experiences. Whether it's attending programs, joining social outings, or simply catching up over a coffee, those moments of connection can make a real difference.

Thank you to everyone who continues to support the GDSS community. Your kindness, dedication and encouragement help create an environment where people feel valued, included and empowered.

Wishing you all a safe, healthy and positive month ahead. Warm regards,
Wayne Tynan
CEO - Global Disability Support Services



Read Almarion's story here: [The Sharing place](#)

Want to know what's on? Have a look here: [Community buzz](#)

For NDIS News click here: [NDIS update](#)

Take a moment for yourself and dive into this month's *Puzzle Patch*! [Puzzle patch](#) Or check the [Activity corner](#)

Meet the team: [Meet the team](#)

Find Wellbeing Tips here: [Wellbeing tips](#)

Yummy treats: [Treat yourself](#)

Carers have a look here: [Care for the Carer](#)

Have a look at this month's [Did you know](#)



June – A month of reflection, inclusion, wellbeing, and appreciation for our world and one another.

GDSS NEWS! We are moving to our head office in Brisbane on the 1st July
The new address is: Level 10, 320 Adelaide Street, Brisbane QLD, Australia
Our Telephone number remains the same: [\(07\) 2810 5569](tel:0728105569)
You are welcome to pop in for a visit and a coffee and chat!



World Environment Day - 5 June

A global day focused on protecting the environment and encouraging sustainable living.



Men's Health Week - 8-14 June

Promotes physical and mental wellbeing for men and boys.



June is the month of Pride

Pride Month encourages acceptance, understanding, and the celebration of people of all identities, fostering a more inclusive and supportive community for everyone.



Winter Solstice: 21st June

The Winter Solstice is the shortest day of the year and the longest night, a time to slow down, reflect, and embrace the warmth of connection during the winter season.

MEET OUR TEAM



Wayne Tynan

Co-Founder and Chief Executive Officer (CEO)

Wayne brings strong professional leadership to his role, along with invaluable lived experience with disability. After experiencing a stroke and needing disability care himself, Wayne recognised the need for quality, person-centred support built around individual needs.

Driven by empathy, dignity, and respect, Wayne founded Global Disability Support Services to ensure people receive genuine, compassionate, and well-managed support from skilled and caring support workers. His vision is centred on connection, trust, and choice — creating a service that truly listens and puts people first.

Wayne's passion and commitment continue to inspire both the team and the community, helping make Global Disability Support Services a place where people feel valued, heard, and supported.



**Almario Delos Santos
(Tynan)**

Co-Founder , Training Manager & Head Care Coordinator

Almario being an experienced nurse, Lifestyle Manager in Aged Care for more than 8 years has the experience to train our support team in all aspects of safely caring for our clients.

Almario ensures the strategic alignment of Global Disability Support Services training with our business goals. Evaluating individual and organisational performance to ensure training is meeting business needs and improving performance. Identifying training needs by consulting with clients, families & Support coordinators.

Languages Spoken
English
Tagalog [Phillipines]



Stefania

Stefania is a very caring and experienced disability support worker, known for strong communication and emotional support skills.

Her expertise in record maintenance and self-care development, ready to positively impact Participant lives and helping to promote community engagement.

Languages spoken
Spanish
English



Kurt

A Very Caring and highly skilled and experienced Support professional.

Kurt has more than 3 years of Support Work experience.

Languages Spoken
English [Australian]
Portuguese
Spanish



Eugene

A Very Caring and highly skilled and experienced Support professional. Warm and friendly personality. Eugene loves animals and is a veterinarian in Brazil .

Eugene has more than 2 years experience as a Support Worker.

Languages Spoken
English
Portuguese [Brazil]
Spanish



David

A Very Caring and highly skilled and experienced Support professional. Into sports, Fitness, healthy living & Surfing. David holds a bachelors Degree in Psychology from Griffith University.

David is a part-time Australian Army Reservist, he is currently on leave having a New Zealand South Island Adventure. Hopefully enjoying his love of Snowboarding. We wish him safe travels and we hope to see him back again soon.

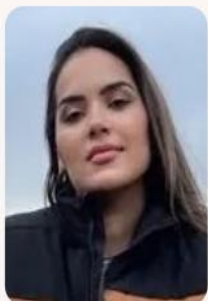
Languages Spoken
English



Leticia

Leticia is deeply committed to supporting participants with respect and kindness, always striving to make a positive difference through encouragement and understanding.

Languages Spoken
English
Portuguese



Lorena

Lorena is known for her caring nature and thoughtful approach to support. She takes pride in understanding each participant as an individual and is committed to creating positive, meaningful experiences that encourage independence and well-being.

Languages Spoken
English
Portuguese [Brazilian]



Natalia

Natalia is a dedicated and compassionate support professional who brings warmth, patience and reliability to her role. She is passionate about building genuine connections with participants and supporting them to feel confident, valued and comfortable in their day-to-day lives.

Languages Spoken
English
Spanish
Portuguese [Brazil]



Jesse

Jesse is a highly skilled, caring, and active support professional who brings both experience and genuine compassion to his role. We hope you enjoy your journey with us Jesse - we're so glad to have you on board. Jesse is a keen footy player (Rugby League).

Motivated and dependable worker with experience across a

Languages Spoken
English



Damaris

Damaris is a very caring and highly skilled and experienced Support professional, With a warm and friendly personality, Compassionate and responsible individual with a strong desire to help others and make a positive impact in the community. Damaris has a true desire to support people with respect, empathy, and dignity.

Languages Spoken
English
Spanish



Daniela

Daniela is a dedicated and compassionate professional, committed to delivering high-quality care, promoting independence, and supporting Participants physical, emotional, and social wellbeing.

Languages Spoken
Portuguese &
English



Ossama

Ossama is a very caring, reliable and highly skilled and experienced Support professional. Warm and friendly personality focused on personal development

Languages Spoken
English



Diana

Diana is a very Caring, reliable and highly skilled, motivated, enthusiastic and experienced Support professional, Compassionate and dedicated Female Support Worker with 2 years of experience providing high-quality care and assistance to individuals with diverse needs. Mostly experienced in mental health (schizophrenia and ASD), medication administration, Community access activities. Strong empathic approachable and reliable to help her participants feel at home and being listened to.

Languges spoken
English
Portuguese



Almario - Caring Beyond the Role

For Almario Delos Santos, supporting people has never been just a job, it has always been about making a positive difference in someone's life.

Before co-founding Global Disability Support Services, Almario spent many years working as a nurse and Lifestyle Manager in aged care. Throughout his career, he learned that the most meaningful support goes beyond completing tasks or following routines. It comes from building trust, listening, and helping people maintain their independence and dignity.

"Every person has their own story, goals, and strengths," says Almario. "The most important thing we can do as support workers is take the time to understand what matters to them."

As GDSS's Training Manager and Head Care Coordinator, Almario plays a vital role in ensuring support workers have the skills, knowledge, and confidence to provide high-quality care. He works closely with participants, families, support coordinators, and staff to identify individual needs and ensure supports are delivered safely and respectfully.

He believes that learning never stops. Whether developing new training programs, reviewing best practices, or listening to feedback from participants and families, he is always looking for ways to improve services and create positive outcomes.

"When people feel heard, respected, and supported, amazing things can happen," he says. "Being part of that journey is what makes this work so rewarding."

Outside of work, Almario enjoys spending time with family and staying connected to his Filipino heritage. Fluent in both English and Tagalog, he values the opportunity to connect with people from diverse backgrounds and help create an inclusive community where everyone feels welcome.



If you would like to share your story, please email us at:

Wayne: customercare@globaldisabilitysuccessservices.com.au or Sue: globaldisability47@gmail.com



Things To Do

Lets get out and about!

brisbane

Wheelchair, mobility scooters, walking aids and pram-friendly activities in Brisbane.

<https://visit.brisbane.qld.au/inspiration/wheelchair-friendly-activities-brisbane>

CITY OF
GOLDCOAST™

Discover accessible experiences, accommodation and attractions, as well as transport options, in our Accessible Visitor Guide.

<https://www.goldcoast.qld.gov.au/Services/Supporting-our-community/People-with-disability/Accessible-Visitor-Guide>

Lets get creative!

achieve
australia

Art competition! For people living with a disability

The Artful Art Prize is open to all, and is a unique collaboration between Achieve Australia and Accessible Arts.

Artful is open to all Australian residents no matter their experience level or where they live.

<https://www.achieveaustralia.org.au/artful-enter>



Because your wellbeing matters, every day

May brings us the reminder of the importance of caring for ourselves and those around us. It's a wonderful time to slow down, reflect, and appreciate the little moments that bring joy.

Pick **one calming activity** each day this month:

- Take 3 slow breaths
- Listen to your favourite song
- Sit in a quiet space for a few minutes

Goal: Find what helps *you* feel calm.

- Start your day slowly, avoid rushing where possible.
- **Spend time outdoors** - A little fresh air and sunshine can help lift your mood and boost your energy.
- **Share a moment with someone** - Whether it's a phone call, a visit, or a shared cup of tea, connection is important for wellbeing.
- **Practice gratitude** - Take a moment each day to think of something you are thankful for.
- Keep a simple routine to create structure
- **Take time to recharge** - Rest when you need to and remember that looking after yourself helps you care for others too.

If You Need Help, You're Never Alone

If you or someone you care about feels overwhelmed at any point, there are services available even during the holidays:

- **Lifeline Australia:** 13 11 14
- **Beyond Blue:** 1300 22 4636
- **Disability Gateway:** 1800 643 787

Reaching out for help is a sign of strength.

You deserve peace, connection, and care

Take things slowly, honour your needs, and remember that support is always within reach

"So pop the kettle on, wrap yourself in something cosy, and take a moment just for you"



NDIS Update - Keeping You in the Loop

As always, we'll keep you informed of any meaningful updates that may impact you or your supports.

NDIS Update Snapshot (June 2026):

- New planning system trials starting soon (no action yet required)
- Increased checks on how funding is spent
- Provider registration changes coming July 2026
- Continued focus on reducing fraud and misuse
- New supports for children under 9 (rolling out later in 2026)
- Some supports may come from health/education instead of NDIS
- The SIL Pilot is ongoing and will finish in June 2026.

Click here to get the latest NDIS news:

https://www.ndis.gov.au/news/latest?utm_source=sfmc&utm_medium=email&utm_campaign=PFEI+Newsletter+Apr+7+%23212+-+20260407&utm_content=latest+news

Help us test the new way of planning

Want to take part? [Apply today.](#)

Engagement activities will run from April to June 2026.

We are inviting more people to help us test parts of the new NDIS planning process.

In this round, you will take part in a practice Support Needs Assessment (SNA) in a safe testing environment. The practice SNA interview is a structured conversation about your life and the supports you use.

Who is this engagement for?

You can take part if you are an NDIS participant.

This is a paid opportunity.

[Please click here to find out more and to express your interest in the Help us Test the New Way of Planning - Part 2B opportunity.](#)

You can read more on our website: [New way of planning.](#)

Protecting the NDIS

The NDIS provides essential support that helps people with disability live independently, participate in their communities, access employment, and manage everyday activities safely. These supports can include personal care, therapy, assistive technology, home modifications, and support workers.

There are growing concerns about proposed measures to slow the growth of NDIS funding. Many people within the disability community fear that changes to eligibility, funding plans, or support levels could reduce access to services that participants rely on every day.

Supporters of the campaign are calling on the Australian Government to protect access to reasonable and necessary supports, ensure individual needs remain at the centre of decision-making, and work closely with people with disability when considering future reforms.

You can help by sharing your story, contacting your local Member of Parliament, or signing the petition to show your support for a strong and accessible NDIS.

Find out more and sign the petition on our website here:

<https://globaldisabilitysupportservices.com.au/about-us>

Or Here: https://www.change.org/p/protect-the-ndis-don-t-cut-the-supports-people-need-to-live-ordinary-lives?recruiter=755519221&recruited_by_id=4bac1c60-7db6-11e7-af7a-d7b9e30fc064&utm_source=share_petition&utm_campaign=psf_combo_share_initial&utm_medium=copypoint&share_id=9DLfdKwFZG

Reminder: Protect Your NDIS Plan

- Never share your plan details for cash offers
- Only work with trusted providers
- Report suspicious activity

Please visit [latest news](#) for other NDIS updates.

For more information or to take part, visit the NDIS Engage and Participant First pages on the NDIS website.



Be Scam Aware - Stay Safe Online Please stay alert to suspicious calls, texts, or emails asking for NDIS or bank details. The NDIA will never request your details via links.

Report scams: 1800 650 717 | Email: fraudreporting@ndis.gov.au





Your Safety Matters

We want to share an important safety reminder to help keep you and your home safe.

Lithium battery safety

There has been an increase in house fires linked to lithium batteries used in everyday items such as e-scooters, mobility devices, phones, and rechargeable equipment.

To stay safe:

- Always use the correct charger for your device
- Avoid overcharging or leaving devices charging overnight
- Keep batteries away from heat and direct sunlight
- Stop using any device that feels hot, damaged, or unusual

Flood and emergency preparedness

With recent extreme weather across Australia, it's important to be prepared for unexpected events like flooding or service disruptions.

Simple ways to prepare:

- Keep a list of your important contacts handy
- Have a small emergency kit (medications, water, essentials)
- Know your support plan if services are delayed
- Reach out early if you feel unsure or need support

Your safety is always our priority. If you have any concerns or would like help preparing, please reach out to our team – we're here for you.





Helpful Supports You Might Not Know About

Did You Know? NDIS Can Support other home services like cleaning and gardening

Some NDIS participants may be eligible for support with household tasks such as cleaning, laundry, gardening, and lawn maintenance. These supports can help participants maintain a safe, healthy, and comfortable home while supporting greater independence.

Tip: You can ask your Support Coordinator or Plan Manager to find out if you are eligible and to help you find NDIS-registered professionals in your area. Some NDIS registered professionals you may work with include cleaning, gardening or lawn maintenance.

Speak with your Support Coordinator or Plan Manager to learn more.

Call Wayne during office hours on (07)2810 5569 to find out more and to organise your services

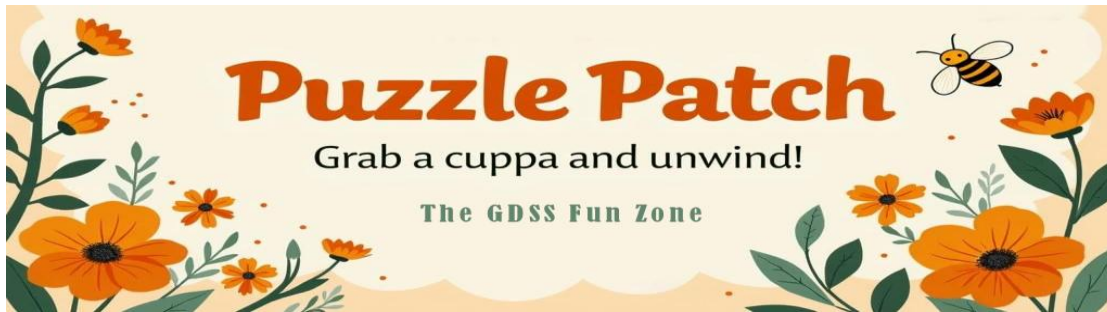
Exploring NDIS professional Support Options in Our Community: There are very many out there, here is one that we found:



MMI Domestic Services offers bond (exit) cleaning, regular home cleaning, upholstery and carpet treatment, lawn mowing, hedge trimming, and full garden makeovers. The company also provides NDIS-approved cleaning and gardening services tailored for participants' ongoing needs. All services are fully insured, with staff who are police-checked and trained in the use of industrial-grade equipment and chemicals.

Have you accessed Professional help before? We'd love to hear your experience. Email us at:

Wayne: customercare@globaldisabilitysuccessservices.com.au or Sue globaldisability47@gmail.com



Puzzle Patch Prize! Complete this month's puzzle for your chance to WIN a \$50 Gift Voucher!

To enter: Complete the puzzle

Write your name and contact details, take a photo or scan it, submit your entry before 25th June 2026

One lucky winner will be drawn at random and featured in next month's newsletter! Good luck everyone, happy puzzling!

June Puzzle Mens Health

MYPHLLSLSHHTTKLULZDYGRNGVVCKZDE
 HINYHXVUWLYAOEJEQWIDYDINSYPZQVD
 RCZXCUYUNFRDPDFPGUAYLTJTWEAGU
 WKCQGIKWWSKERWQVRGDKGQEYKRSMY
 XPACCJHUSTCVSAOFMSKXDNBYFEVFX
 APMALFEWWTDRDITXSINRAROVLAYBBI
 RABRDKEJTJOWESLEYEMHNPSKDMINT
 QLWDKSLXENCJZEBISRCLEXJPIZJIRW
 CZWIWXCETBLFIONOENYPLAEGSSLRLY
 MZEOUTESTOSTERONENXAUYLIBPVUQY
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 PZZETGEUZIGICNOLKSGVTDIXXEXTVG
 OIBNKXKHVECOKHUHWRTJCLOUKWZYXY
 ROHIVEEZYBIOEYOTDTRLXKHEDZUZLA
 TNLNNRROFKQAPSKLRNSPESCBZOXCNK
 TTRGWECWTMSVIIIKEIBCRNXMOXBZU
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 JCHECKUPIFUEOILKWCXKRNVNAWIZUI
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 XTZHFYSIHLBLZXTINALWHOLJTNXUAG
 DYUQJLBRNNQBANNRICLWFSTMTAWUIS
 SIGNQSRGNEYEYNGHUREENQEINFLIAA
 JUNELORECKSOISLEEPJSRRBTWZIIYIEI
 YLSORRVZPSBNYDRGGNPXWQYDHHXTP
 LPWHUZQKIPLGNSCBKQHCGTNITADWAY

TESTOSTERONE	MINDFULNESS	CHOLESTEROL	JUNE
RESILIENCE	NUTRITION	WELLBEING	
DIAGNOSIS	SCREENING	SUNSCREEN	
STRENGTH	VITALITY	FITNESS	
EXERCISE	BALANCE	SUPPORT	
HYDRATE	CHECKUP	HOBBIES	
HEALTH	PURPOSE	COPING	
CARDIO	ENERGY	FAMILY	
SLEEP	MALE		

Need a hint? Sneak peek the [Answers here](#)



June Picture Hunt

Can you find and tick these things around your home, garden, or community?

- ☐ A bird
- ☐ A flower
- ☐ Something green
- ☐ Something recycled
- ☐ A smiling person
- ☐ A tree
- ☐ Something that saves energy
- ☐ A rainbow colour
- ☐ Something that makes you happy

Bonus: Draw your favourite thing you found!

A large, empty rectangular box with a black border, intended for drawing the favorite thing found during the picture hunt.

Men's Health Week Wellbeing Challenge

This Men's Health Week, choose one or more activities that support your wellbeing. Tick each one as you complete it!

- ☐ Went for a walk or spent time outdoors
- ☐ Drank 6-8 glasses of water today
- ☐ Checked in with a friend or family member
- ☐ Shared something I am grateful for
- ☐ Took time to relax and unwind
- ☐ Enjoyed a healthy meal or snack
- ☐ Tried something new this week
- ☐ Helped someone in my community
- ☐ Spoke kindly to myself today
- ☐ Had a good night's sleep

Bonus Challenge

Write down one thing that helps you feel your best:



A Sweet Treat for June: Coconut Balls

Ingredients

- 1 packet plain sweet biscuits (like Marie or Arrowroot)
- 1 cup desiccated coconut
- 2 tablespoons cocoa powder
- 1 tin condensed milk
- Extra coconut for rolling

Equipment

- Large mixing bowl
- Spoon
- Measuring cups
- Tray or plate
- Optional: gloves or scoop for easier handling



Simple Steps

Crush the biscuits into crumbs. Use pre-crushed biscuits to reduce effort.

Add coconut and cocoa powder.

Pour in condensed milk.

Mix everything together until sticky.

Roll into small balls.

Roll balls in extra coconut.

Place in the fridge for 30 minutes.

Optional Flavours

- Add mini marshmallows
- Add sultanas
- Peppermint essence
- White chocolate chips



In caring professions, giving is second nature. You show up, you listen, you support, and you carry more than most people ever see. Day after day, you make a difference in the lives of others—often in moments that matter most. But in the middle of all that giving, there’s one person who is easy to overlook: **you**.

Caring is not just what you do, it’s who you are. And while that is something to be proud of, it can also mean that your own needs quietly slip to the bottom of the list. Breaks get shortened, emotions get pushed aside, and “I’m fine” becomes the default response. Over time, this can take a toll, not just physically, but emotionally and mentally as well.

Taking care of yourself is not a luxury, and it’s not selfish. It is essential. When you are supported and well, you are better able to provide the compassionate, thoughtful care that others rely on. More importantly, you deserve that same care and kindness.

Sometimes, caring for yourself doesn’t mean making big changes. It can start with small, meaningful moments:

- Taking a few deep breaths between tasks
- Stepping outside for fresh air
- Having a proper break, even on a busy day
- Checking in with yourself and acknowledging how you’re really feeling

These small acts are not insignificant—they are powerful. They create space to reset, even briefly, and remind you that your wellbeing matters.

It’s also important to recognise when things feel heavier than usual. Feeling overwhelmed, emotionally drained, or disconnected doesn’t mean you’re not good at your job—it means you’re human. Talking to a colleague, reaching out for support, or simply sharing how you feel can make a real difference. You are not expected to carry everything alone.

There is strength in caring but there is also strength in pausing, in asking for help, and in setting boundaries when needed. Looking after yourself is not stepping away from your role; it is sustaining it.

So today, take a moment. A small pause. A quiet breath. A reminder that while you care for others every day, you are just as worthy of care, compassion, and support.

Because caring for the carer isn’t just important - it’s essential.

If you need help contact your management team, or have a look at: https://www.wellways.org/our-services/carers-gateway/?gad_source=1&gad_campaignid=20035212701



Join Our GDSS Community

- Share your story for a future newsletter.
- Volunteer or partner with us at upcoming events.
- Follow us on social media for updates and inspiration.

Global Disability Support Services

4/66 Commercial Drive, Shailer Park QLD 4128

Website: globaldisabilitysupportservices.com.au

Phone: (07) 2810 5569

Email: customercare@globaldisabilitysupportservices.com.au

To view past newsletters visit:

<https://globaldisabilitysupportservices.com.au/participant-page>



At Global Disability Support Services, we acknowledge and pay our respects to the traditional owners of the lands across Australia on which we work and live. We pay our respects to Elders, Past, Present and Emerging. We honour their deep connection to land, sea, and community, and recognise their continuing culture and contribution to our nation. We are also committed to embracing diversity and empowering individuals of all abilities. We acknowledge the strength and resilience of people with disabilities and are dedicated to creating inclusive, respectful, and supportive services for everyone in our community. Together, we strive to foster an environment of understanding, equality, and mutual respect for all.



Check your answers!

June Puzzle Mens Health

MYPHLLSLSHTTKLULZQYGRNGVVCKZDE
HINYHXVUWLYAOEJEQWIDYDNSYPZQVD
RCZXCUIYUNFROPFDFFPGUAYLTJTWEAGU
WKCQGIKWWSEKRWQVRGDKGOEYKRSMY
XPACCHUSTCVSAOFMSKXDNBYFEVFX
APMALEFWWTDROITXSINRAROVLAYBBI
RABRDKEJTJOWESLEYEMHNPQSKDMINT
QLWDKSLXENCJZEBISRCLEXJPJZJJRW
CZWIWXCETBLFIONOENYPLAEGSSLRLY
MZEOUTESTOSTERONENXADYLLBPVUQY
NPUSOVHRMYJJYPCHFECVXRRTJHCXQE
SBRCLXNYXEFLLFXSWNCEJXPBHIDSPN
UDJR XEWUVHOBBIIESJGZYXOGOGQQMZE
PMXEICAGDMFITNESSCNWDNXCSTGBR
PZZETGEUZIGICNOLKSGVTDIXXEXTVG
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ROHIVEEZBYIOEYOTDTLRKKHEDZUZLA
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DGBTEUSKPNDEBEGGPATIPGZTQJUGV
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JUNELORCKSOISLEEPSRRTBTWZYYIEI
YLSORRVZPSBNYDRGGNPXWQYDHHXTP
LPWHUZQKIPLGNSCBKQHC GTNITADWAY

TESTOSTERONE	MINDFULNESS	CHOLESTEROL	JUNE
RESILIENCE	NUTRITION	WELLBEING	
DIAGNOSIS	SCREENING	SUNSCREEN	
STRENGTH	VITALITY	FITNESS	
EXERCISE	BALANCE	SUPPORT	
HYDRATE	CHECKUP	HOBBIES	
HEALTH	PURPOSE	COPING	
CARDIO	ENERGY	FAMILY	
SLEEP	MALE		



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