



HEY OMSMAF MEMBER!



What does better health mean to you? It's hard not to measure ourselves against others, but we say it's time to forget the rest and be your own best ☐, with the OMSMAF Total Turnaround. When it comes to your wellness, it comes down to what works for you and setting goals that support your wellness journey rather than tripping you up .



We'll also be inviting you to share your story because together, we can inspire each and every member of the OMSMAF family to make this their best year yet! OMSMAF

**HEALTHCARE WITH
A HUMAN TOUCH.**