



# SUFFOLK HOW ARE YOU?

Find out how you can Move More, Eat Well and Sleep Well for Good Mood, Stress Less and More Energy.

Take the How Are You? Health Quiz and enter the prize draw to win a year's subscription to  Spotify

Prize draw ends 10/03/2020

Go to [www.suffolkhowareyou.co.uk](http://www.suffolkhowareyou.co.uk)

BECAUSE THERE'S ONLY  
**ONE YOU**