

# JK'S TOP TIPS FOR WELLBEING

groov

AutoSense  
DRIVING SAFETY

## TIP 3



As humans, we crave connection. Carve some time in your day to connect with those you love, strengthen your relationships and give back.

### JK SAYS

*"When someone comes into my heart, I text them; that's my way of connecting. I also love connecting with nature, especially going for a surf."*

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THE DEPOT  
HOSTED BY GREG MURPHY

