

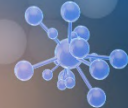
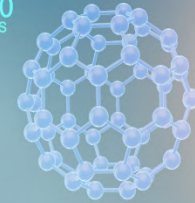
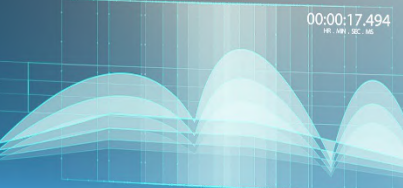
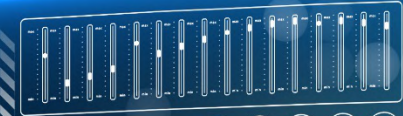


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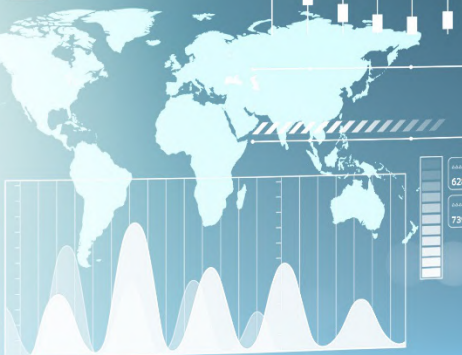


Wellness in the Age of Technology

Jeremy McCarthy, Group Director of Spa & Wellness,
Mandarin Oriental Hotel Group, Hong Kong



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HR . MIN . SEC . MS







THE
END
IS
NEAR



DIGITAL WELLNESS



Digital
Ethics



Digital
Citizenship



Digital
Mindfulness



Digital
Nutrition



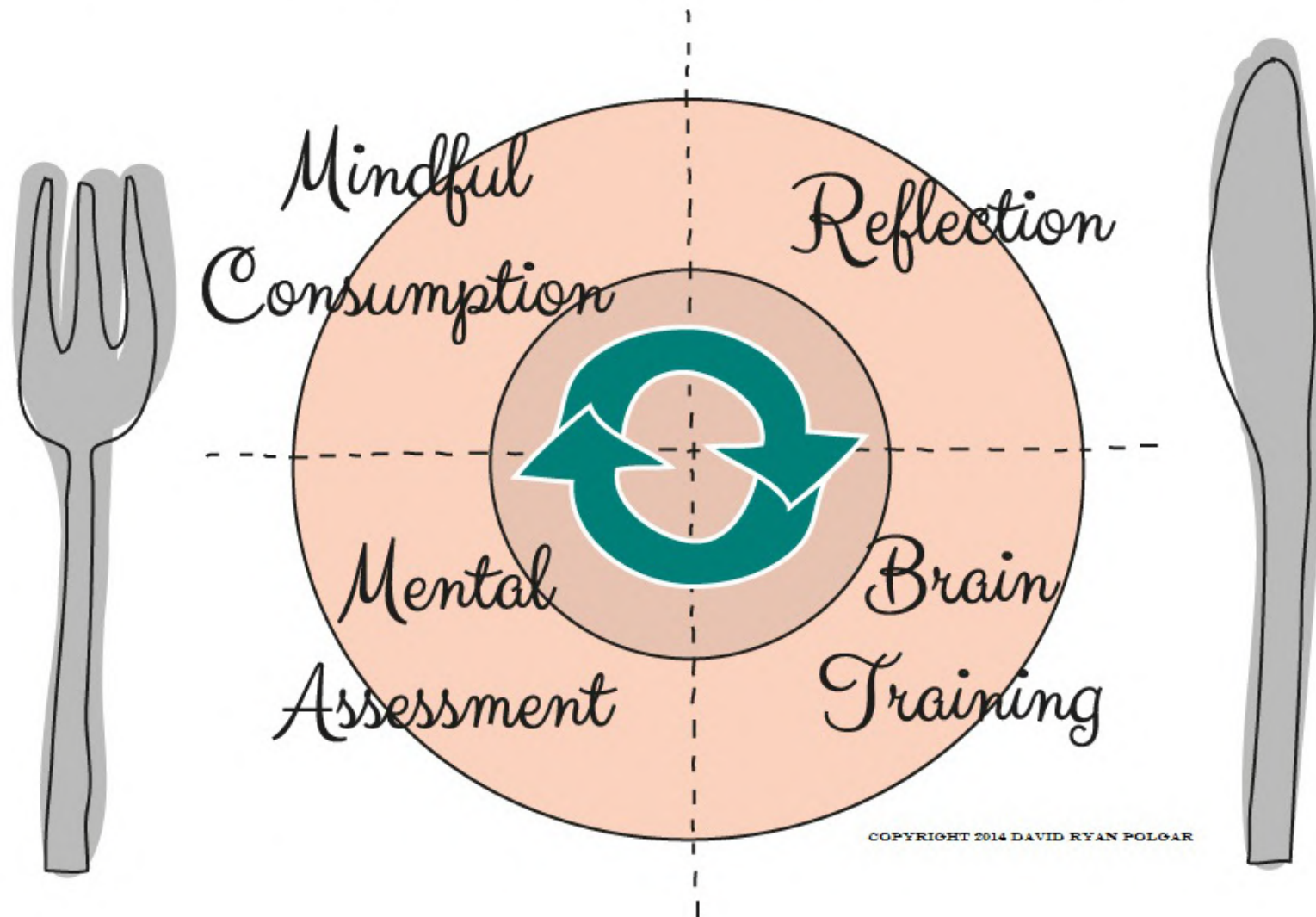
Digital
Education



Image courtesy of Melnee Benfield via Compfight (cc)

MENTAL FOOD PLATE

A holistic approach to information consumption.





MINDFULNESS

Smile



Breathe

CLOUD GAZING



Walk

BAREFOOT



Open Mind



RELAX
RELAX
RELAX

FORGIVE
FORGIVE
FORGIVE



Take the time for a

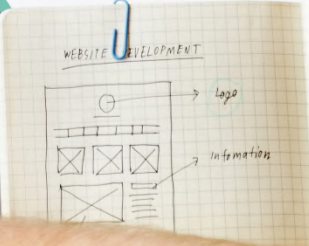
Plant



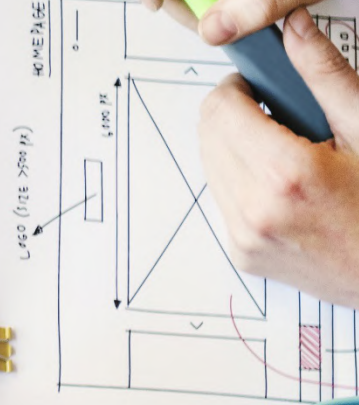
COOK

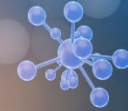
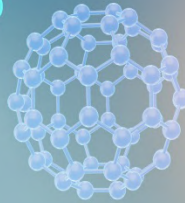
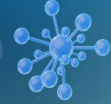
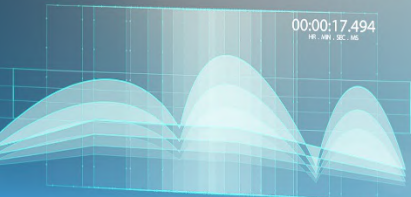


POSITIVE
THINKING



CONCEPT



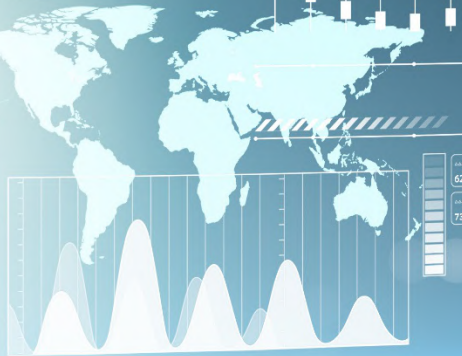


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