



## Style Acre Stars!

Style Acre Stars are people who show a real dedication to doing things that improve health and happiness – their own and that of other people.

**Star Growers:** people who constantly strive to learn new things, and who display a passion for therapeutic hobbies such as gardening

**Star Movers:** people who inspire others by being active and exploring new places

**Star Nourishers:** people who are focused on living a healthy and balanced lifestyle, especially around food & drink

**Star Connectors:** people who take the time to nurture friendships, help others and give back to their local community

### Style Acre Stars will:

- Be celebrated on Workplace and elsewhere across Style Acre
- Shape the Ways to Wellness programme by attending regular meetings and voting on options
- Be given tools to help others be more healthy and happy

