

# CREATE YOUR OWN 2020 VISION



NEDGROUP  
MEDICAL AID  
SCHEME

Those who think they  
have no time for  
**EXERCISE**  
will sooner or later have  
to find time for  
**ILLNESS.**

EDWARD STANLEY

Let *food* be thy  
medicine  
and *medicine*  
be thy food

HIPPOCRATES

I have chosen to be  
*happy*  
because it is good for  
my health.

VOLTAIRE

So many people spend their  
**HEALTH**  
gaining wealth,  
and then have to spend their  
**WEALTH**  
to regain their health.

AJ REB MATERI

A good  
**LAUGH**  
and a long  
**SLEEP**  
are the best cures in the  
doctor's book.

IRISH PROVERB

The  
*wish for healing*  
has always been half of  
*health.*

LUCIUS ANNAEUS SENECA