



The results are in: Here are “Your Top 4”

In our latest contest, we asked four questions and asked you to check off your top four answers. Over 1000 people sent in their answers!

Below are the results of the survey and we think you’ll find them very interesting. The names of the winners (\$30 gift card each!) will appear in the July newsletter. Thanks to all who participated!

Q1. Your top four ways of reducing stress are:

1. Watching TV or listen to music
2. Spending time talking and going out with my family and friends
3. Exercising, walking or competing in a sport
4. Cooking, gardening, washing the car or working around the house

Q2. Your top four ways to connect with others are:

1. Talking in person
2. Texting on a mobile phone
3. Talking on the phone
4. Social networking on sites like Facebook and Twitter

Q3. Your top four ways to receive or access information:

1. Websites and other online information sources
2. Newsletters, emails and other materials through emails
3. Apps (like Pinterest or YouTube) on my smartphone, tablet or computer
4. Newsfeeds

Q4. The top four people in your life about whom you’re most concerned:

1. Your spouse/partner
2. Yourself
3. Your parents
4. Your adult children