

More sleep.
More conversations.
More fresh air.
More focus.
More you.



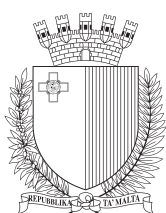
Press **Pause**

Find Balance in a Digital World

Coming Soon.

**Follow our Socials
and stay tuned!**


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GOVERNMENT OF MALTA
MINISTRY FOR HEALTH
AND ACTIVE AGEING



**Health Promotion & Disease
Prevention Directorate**