

# PUTTING HEALTH AND WELL-BEING IN YOUR HANDS



## A FREE APP FOR SEAFARERS

- ✓ Interactive challenges, exercises and recipes
- ✓ Monitor your daily wellness
- ✓ Contacts for maritime welfare services near you
- ✓ Track your journey using MarineTraffic AIS data

Download your free app now from



SEARCH THE APP STORE FOR

*Wellness at Sea*

A Sailors' Society product

