

Dear Haslemere Health Centre,

We have look into your suggestion from serval weeks ago and make some changes according to them. We also like to apologise that due to the change, we are unable to complete the animatic, but we can show you all the update scripts, character design and landscape.

Thank you for taking your time, going through this email.

Your sincerely,

Natt,







(00:00)

(00:04)

Alcohol (00:05)
(One)

Caffeine (00:07)
(Two)

Tobacco (00:09)
(Three)

The risks associated with these harmful and toxic substances are well known. (00:12)

Haslemere Health Centre advocates replacing harmful - and largely ineffective - ways to "feel good" and reduce stress with healthy alternatives. (00:23)

Running outside in the park instead of drinking coffee can help jump start your body inside of the artificial start that caffeine gives you. (00:37)

Is a cigarette a way of reward for you, or a way of relaxing? Could you change this? (00:44)

Better sleep, nutrition, and social connections can help reduce the urge and need for harmful substances by improving the overall well-being and providing healthier coping mechanisms. (00:56)

Go online to find out more about Lifestyle Medicine (00:57)