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## #HEALTH: Stay happy, be healthy

By **Meera Murugesan** - March 11, 2023 @ 7:26pm

TO mark International Day of Happiness on March 20, Sun Life Malaysia has launched the "One Car, One Smile" campaign.

International Day of Happiness serves as a reminder to people to prioritise wellbeing and happiness in their daily lives, says CEO and president/country head of Sun Life Malaysia, Raymond Lew.

To achieve a happy life, it's not only physical health which matters but also mental wellbeing and financial stability, he explains.

"Through this mood booster campaign, we hope to make a positive impact on people's lives and empower them to secure a brighter future."

Through a series of roadshows, Sun Life Malaysia hopes to create awareness on the importance of developing financial, mental and physical resilience for a more secure and fulfilling life.

In line with its "One Car, One Smile" campaign, the company will also be distributing coasters with inspirational quotes.

Organised in collaboration with Tealive, the "One Car, One Smile" coasters will be distributed to members of the public around the vicinity of The Starling Mall, Damansara Perdana, Kota Damansara, SS2 and Taman Tun Dr Ismail from March 13-17.



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The coasters can be used to redeem a Tealive drink voucher at the four day The Starling Mall Roadshow from March 16-19. The Starling Roadshow has a variety of programmes and activities that cater to people of all ages and interests such as free health checks, nutritional talks and cooking demonstrations

Besides The Starling Mall, these wellbeing roadshows are also being planned to take place at 1 Utama (May) and IOI City Mall Putrajaya (Aug).

For more information, visit, visit <http://sunlife.co/SunLife10>