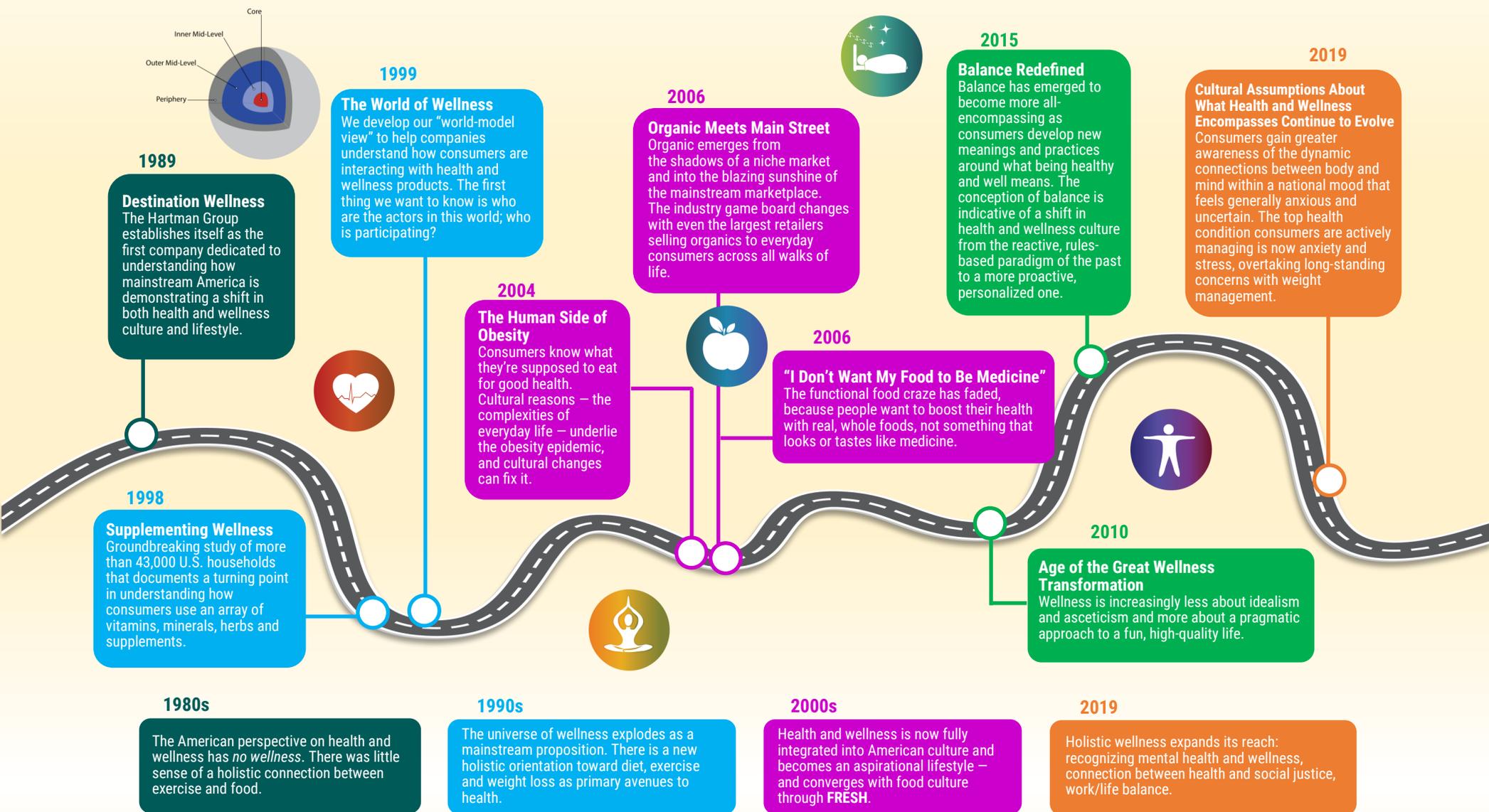


# ROAD TO WELLNESS 1989-2019

This timeline highlights milestones from The Hartman Group's 30-year journey mapping the evolution of consumer trends in health and wellness.



For the most comprehensive data and insights into consumers' lifestyles and trends in the health and wellness space, get the *Health + Wellness 2019* report at [www.hartman-group.com](http://www.hartman-group.com)