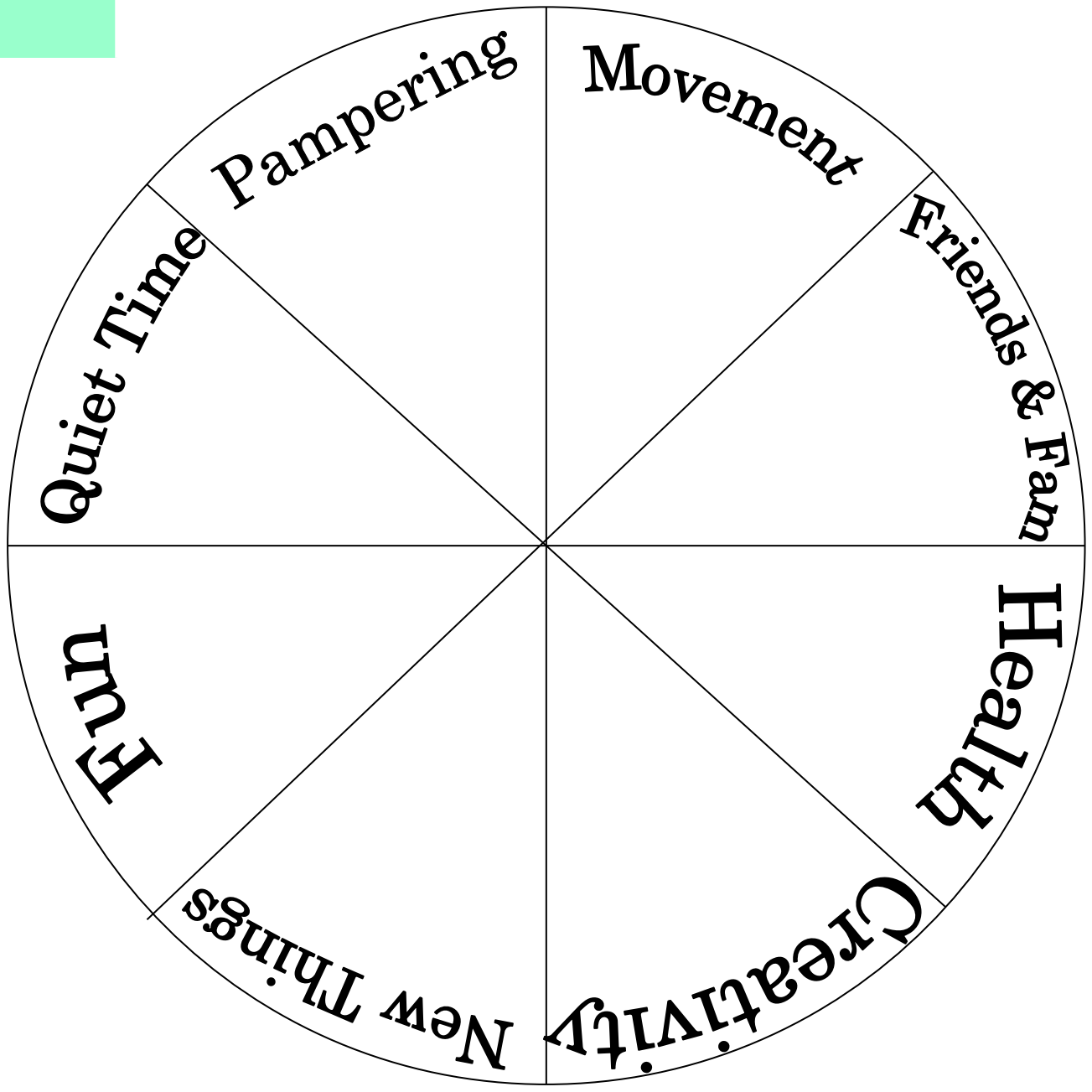


Self Care



Weekly Gratitude:

