

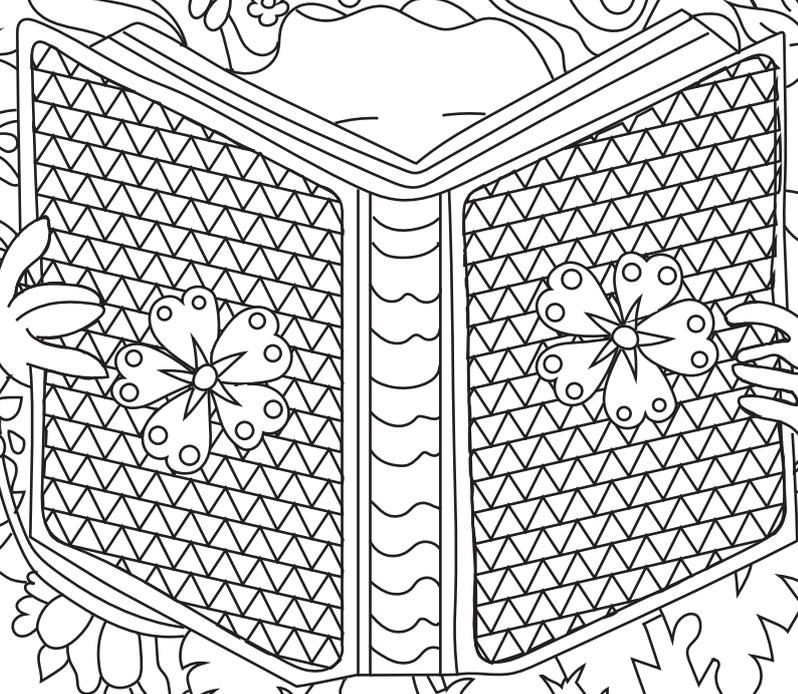


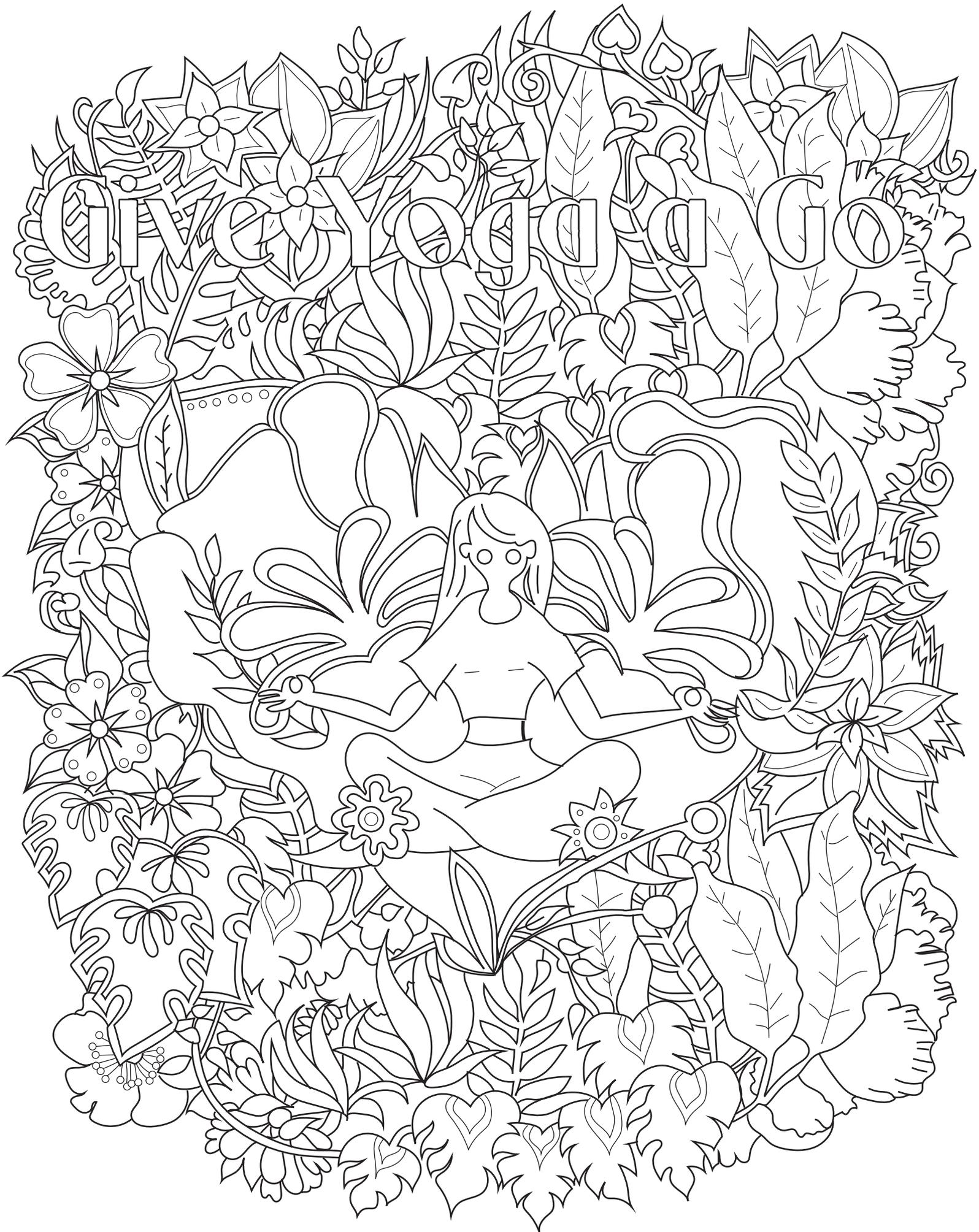
Be kind to
yourself



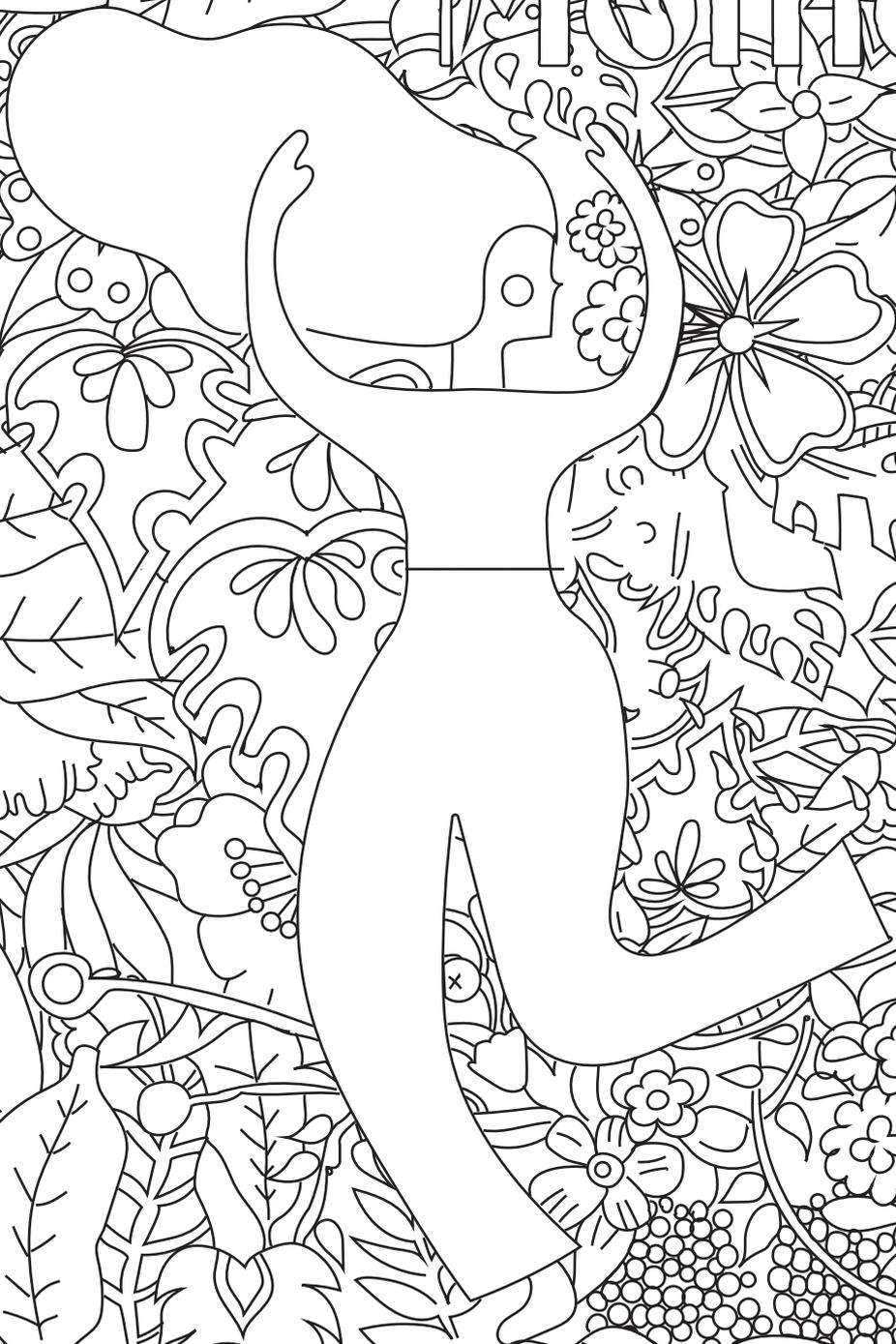
Embrace Nature

Keep Learning





Be in the Moment





Reach Out
& Offer Support