

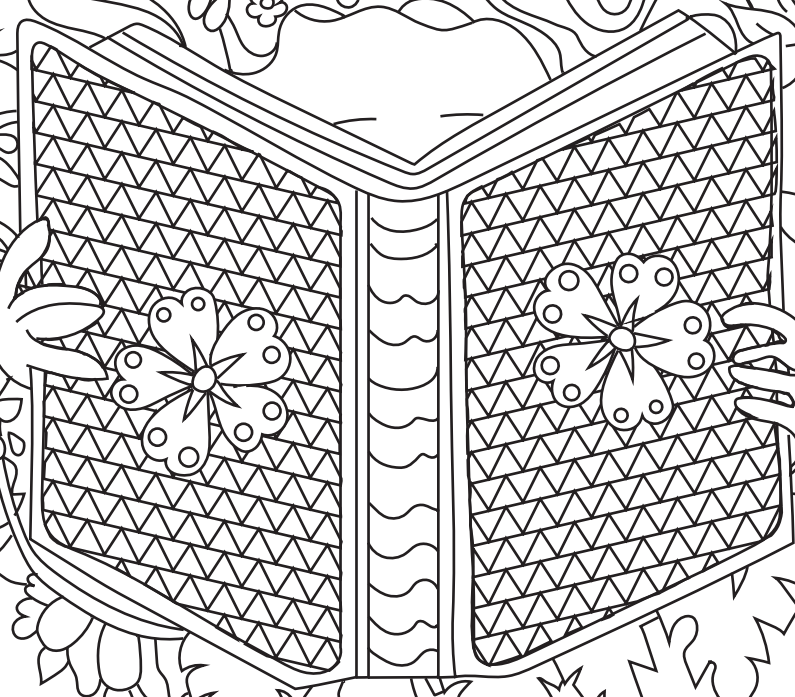


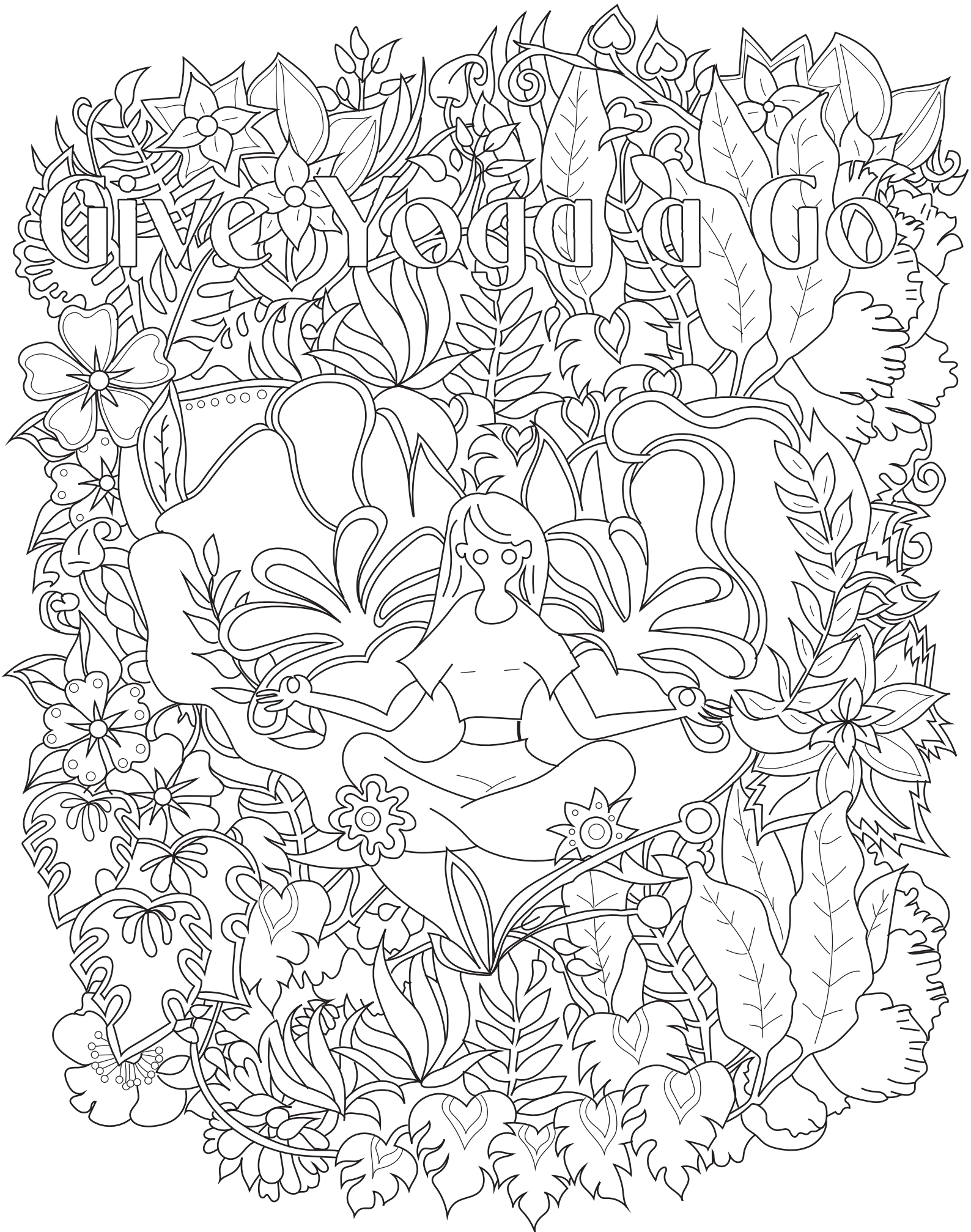
Be kind to  
yourself



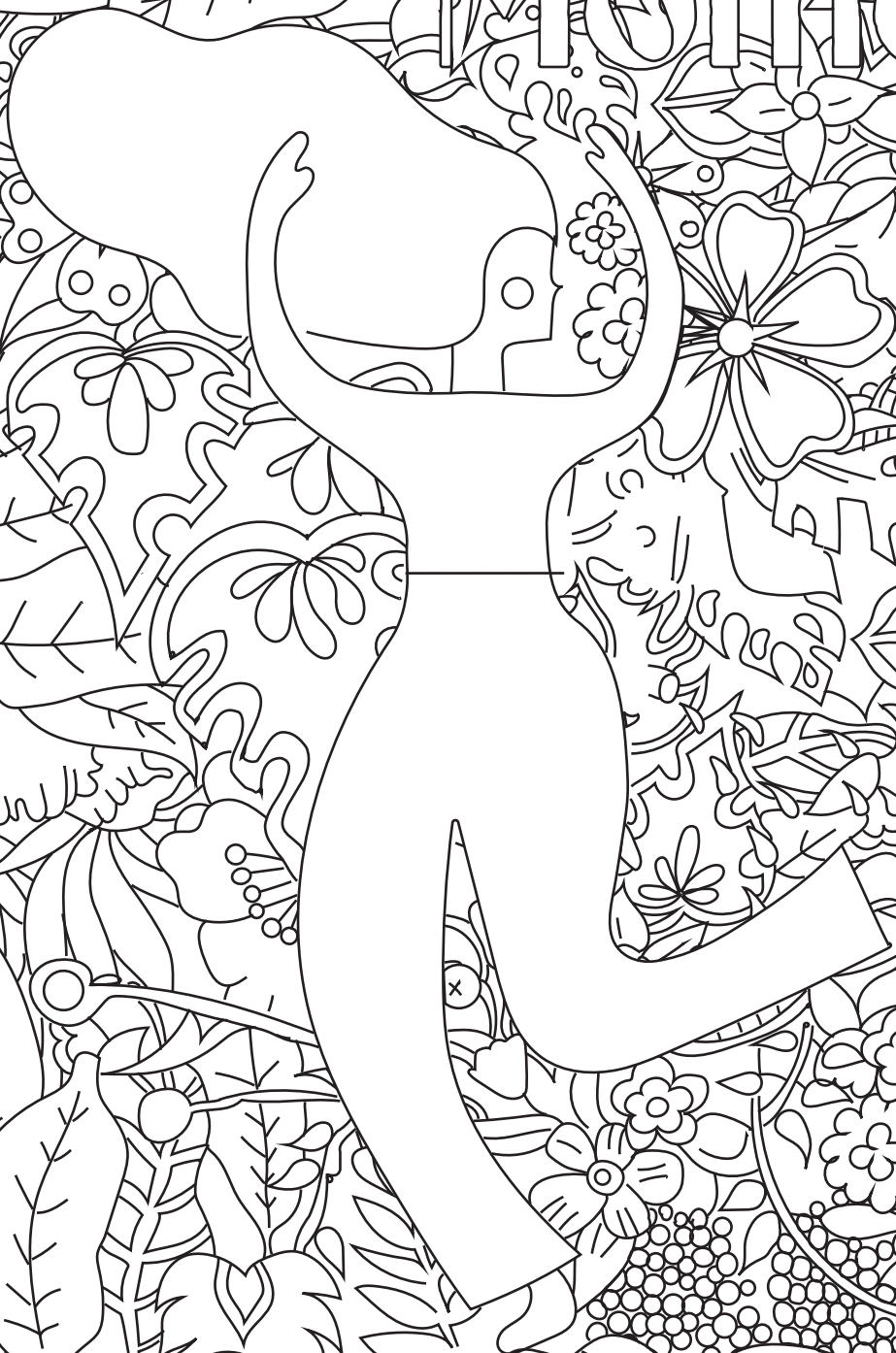
Embrace Nature

Keep Learning





Be in the  
Moment





Reach Out  
& Offer Support