



Today's the day. Thanksgiving 2022!

As we don our stretchy pants, prepare to stuff ourselves and embrace our turkey coma, we recognize what's most important about the day is to reflect. We reflect on the past year: the good, the bad and the ugly which painted our landscape over the last 12 months. Often it's only in hindsight that we realize what seemed "bad" at the time actually turned out to be a blessing in disguise. We give thanks today for all those lessons learned, battles won and for our continued fortitude to keep moving forward.

We give thanks for those friends and family still with us and for the lessons learned from those who are no longer in our life.

Each day, each breath, is a gift. May you take a moment today to truly revel in your blessings.

In case know one else tells you today, I'm thankful you're here.

**Happy Thanksgiving,
Barbara Corley**



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