

MAKE THE

Self-Care Promise

COMMIT TO YOU

Commit to making yourself a priority. Help establish self-care as a vital foundation for health.



**INTERNATIONAL
SELF-CARE MONTH
JULY 2024
MY #SELFCAREPROMISE**



VISIT

www.selfcarepromise.org

[@usolmtmassageorg](https://www.instagram.com/usolmtmassageorg)
Your Modern Massage
Association