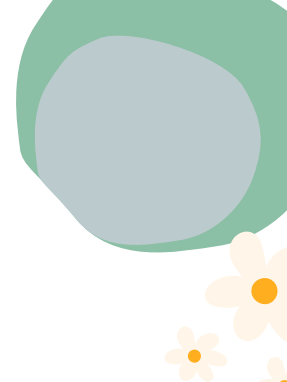




Thursday



5 great things that happened today



1

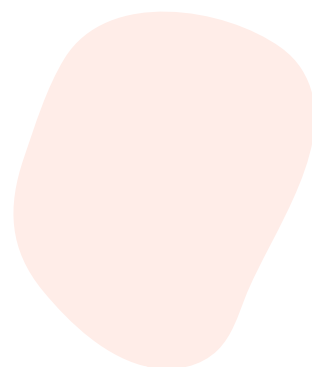
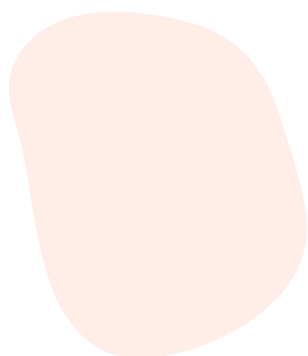
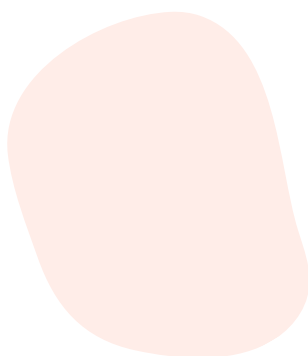
2

3

4

5

3 people that taught me valuable lessons



#MentalHealthAwarenessWeek2024



www.athertonhousegroup.co.uk/mental-health-week