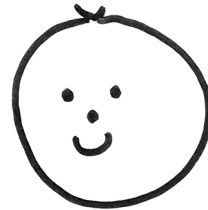


MY SELF~CARE PLAN

BE ACTIVE

LEARN A NEWSKILL

TALK TO
SOMEONE



ENJOY YOURSELF

HELP OTHERS

MY SELF-CARE PLAN

