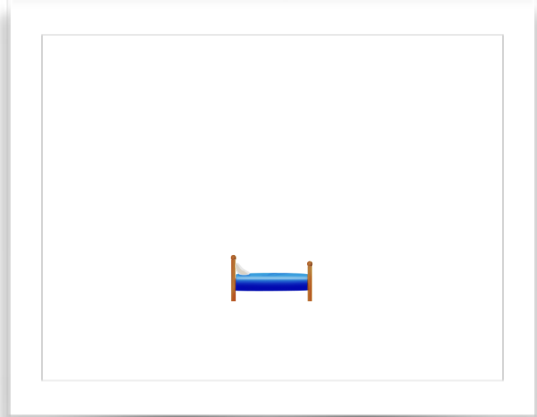




# Self-Care Activities

Rest & Relaxation

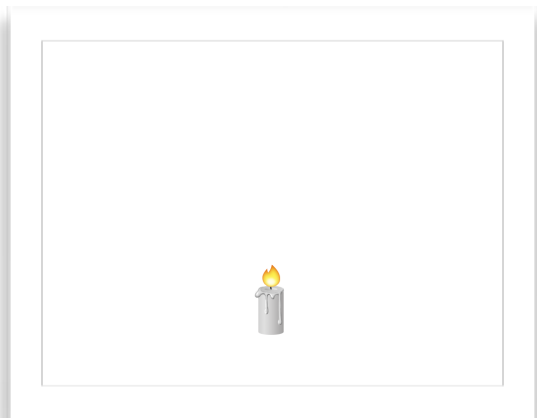


Expression & Movement



*I need . . .*

Health & Spirituality



Companionship & Friendship

