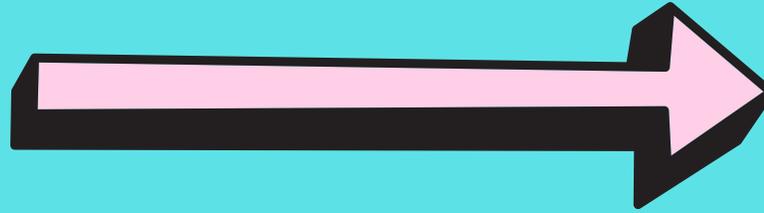




WELLNESS CHECK



What happens when I DO NOT take care of my physical & mental health:

What happens when I DO take care of my physical & mental health:



THINGS I CAN DO TO SUPPORT MY HEALTH:

Mind



Body

