

EAT WELL



BAKE



DANCE

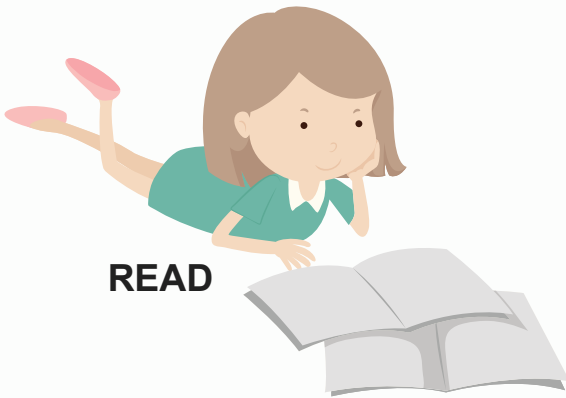


**TAKING
GOOD
CARE
OF
YOURSELF**



SLEEP WELL

READ



GO FOR A WALK



**CONNECT WITH
FAMILY AND FRIENDS**



EXERCISE



PAINT

