

EAT WELL



BAKE

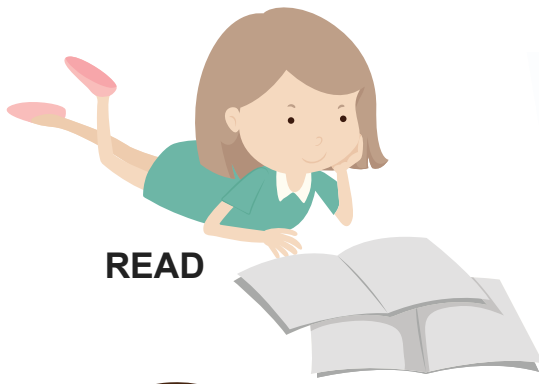


DANCE



**TAKING
GOOD
CARE
OF
YOURSELF**

READ



SLEEP WELL

GO FOR A WALK



**CONNECT WITH
FAMILY AND FRIENDS**



EXERCISE



PAINT

