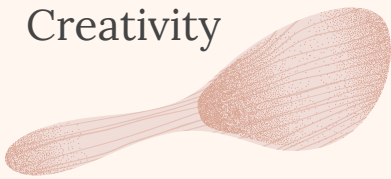


A Simple Self Care Recipe

A Spoonful of
Creativity



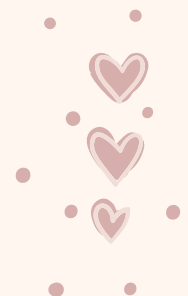
A Sprinkle
of Kindness



A Spring
or Two of
Support



An Ounce of
Fresh Air



A Dollop of
Self-Love

MIX WELL & CONSUME OFTEN