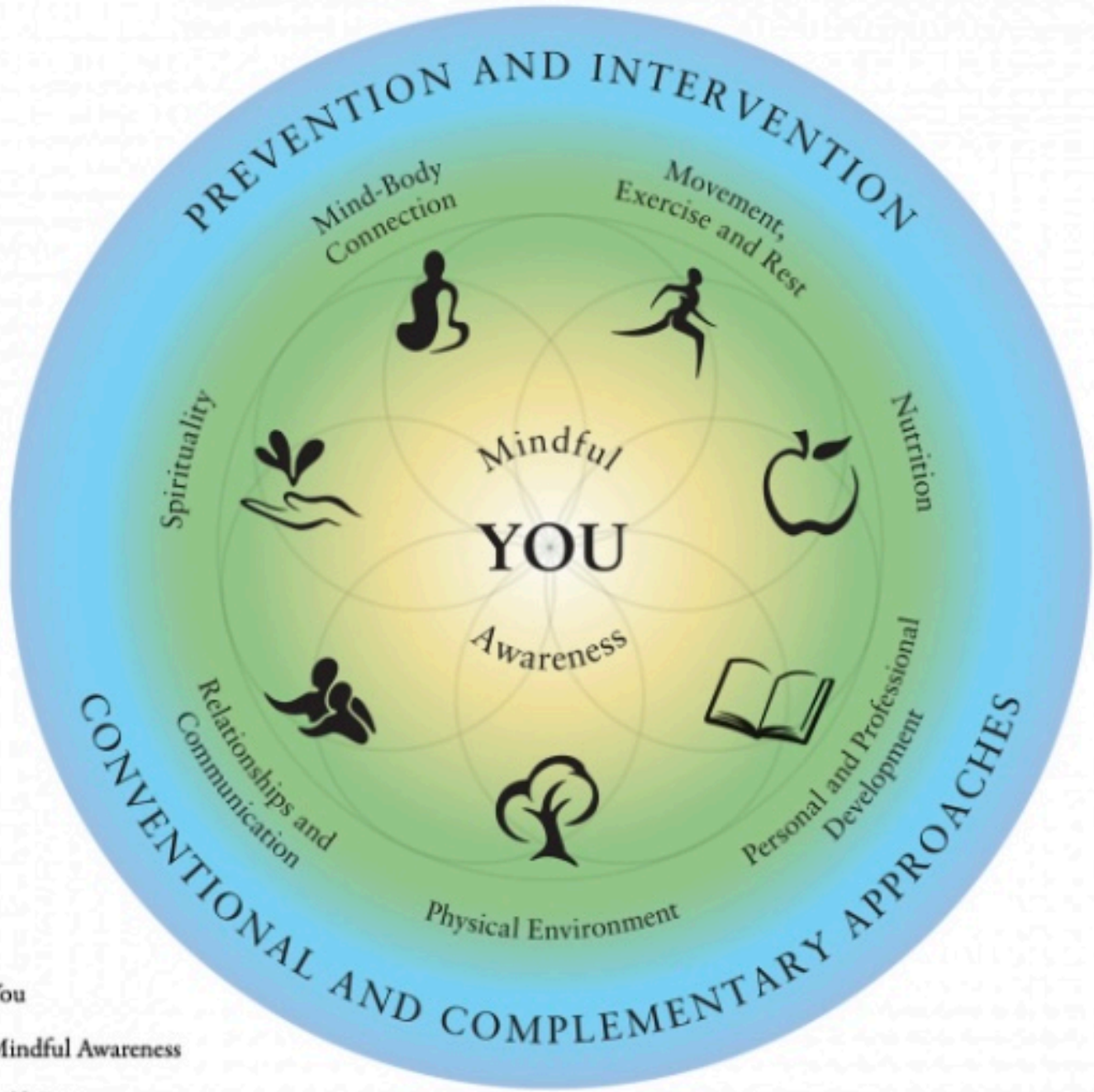


WHEEL OF HEALTH



- You
- Mindful Awareness
- Self-Care
- Professional Care