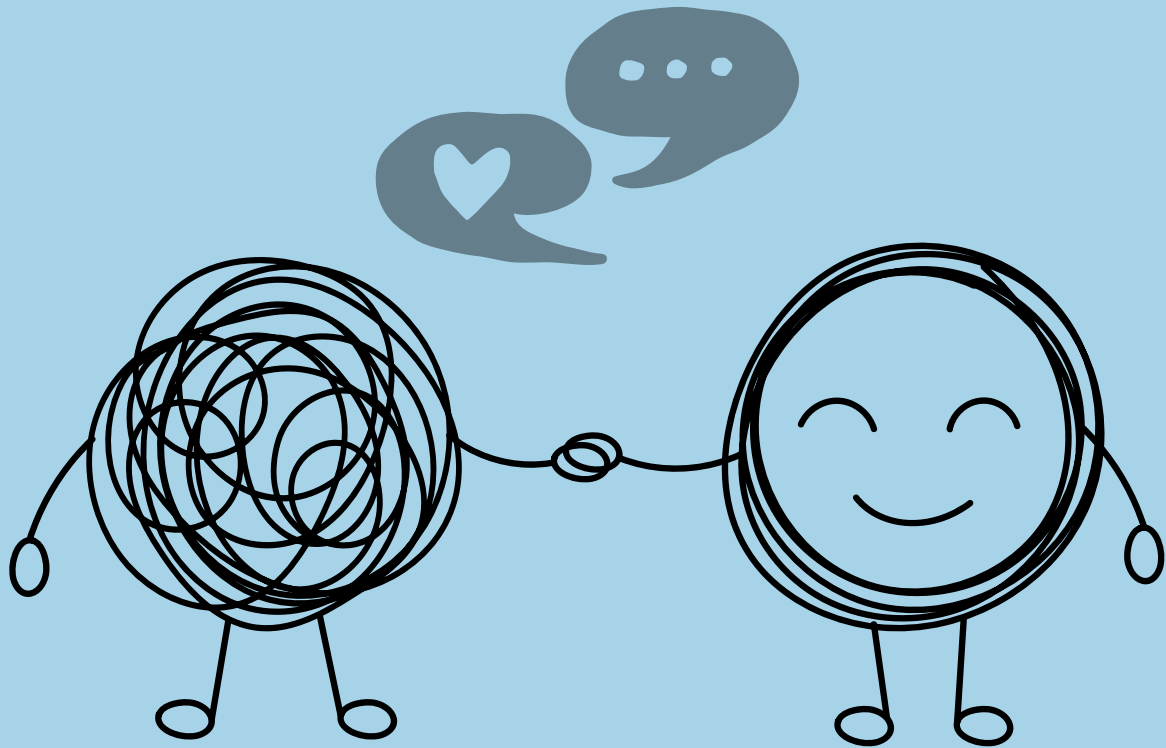


Check it out

IT'S OKAY TO ASK FOR HELP.



**HEALTH &
WELLNESS**