



MON	TUE	WED	THU	FRI	SAT	SUN

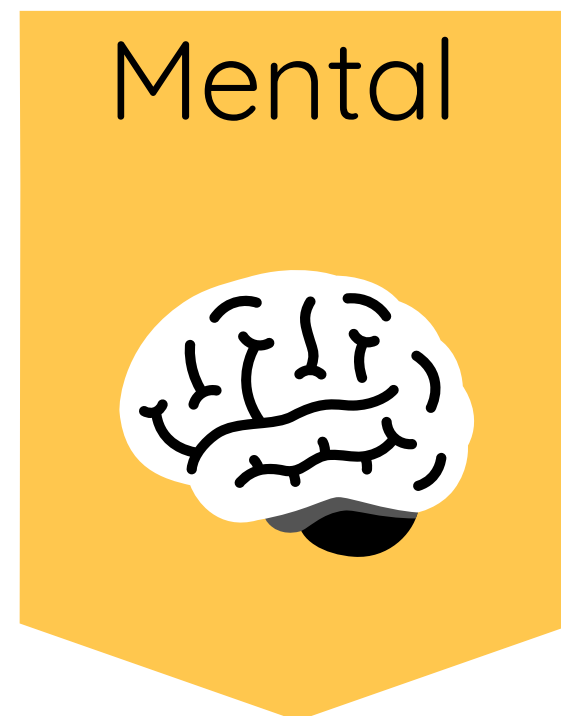


Creating Your Self-Care Calendar



Your self-care calendar is a tool to help you best balance your life

Self-care is about you taking an active role in protecting your own well-being and happiness



*"No problem is too big or too small,
we care about them all"*