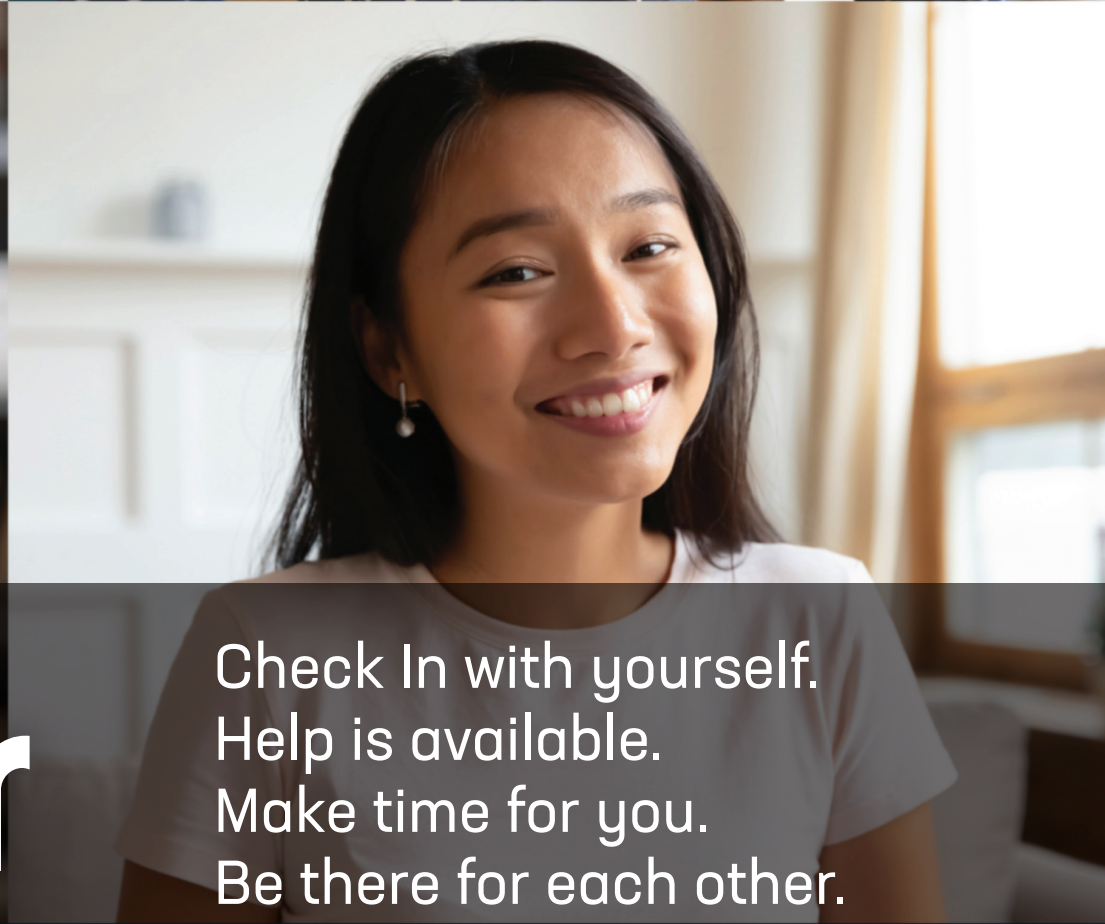




How are you, REALLY?



You Matter



Check In with yourself.  
Help is available.  
Make time for you.  
Be there for each other.



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