

A photograph of three elderly people sitting at a table, laughing heartily. On the left, a woman with short white hair is smiling. In the center, a woman with dark curly hair and glasses is laughing with her mouth wide open. On the right, a man with a full white beard is also laughing. They appear to be in a bright, indoor setting, possibly a cafe or a community center. The overall mood is joyful and positive.

**How are you, REALLY?**

**You Matter**

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

[YouMatter.PrinceEdwardIsland.ca](http://YouMatter.PrinceEdwardIsland.ca)

