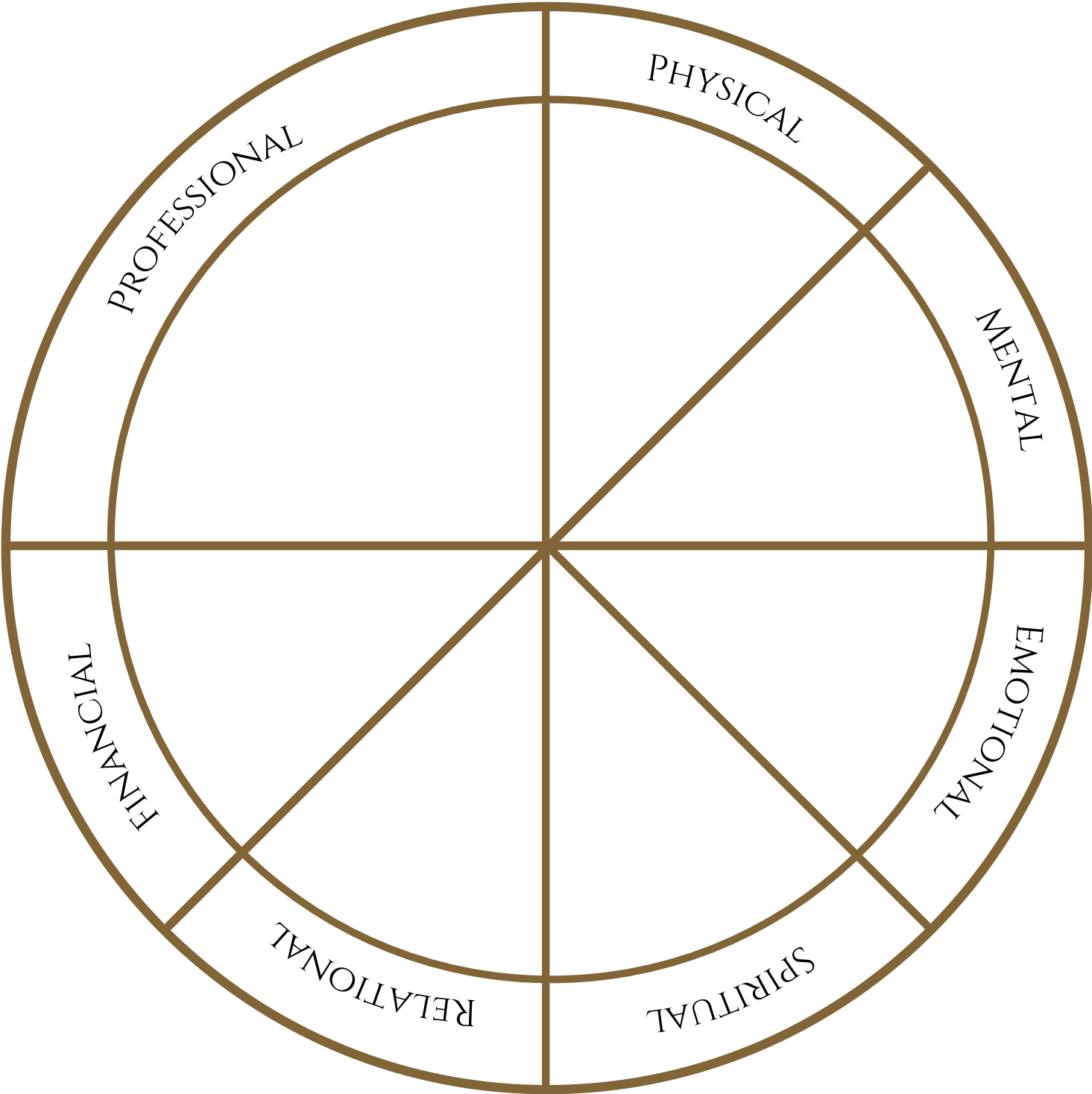


COURAGEOUS SELF-CARE

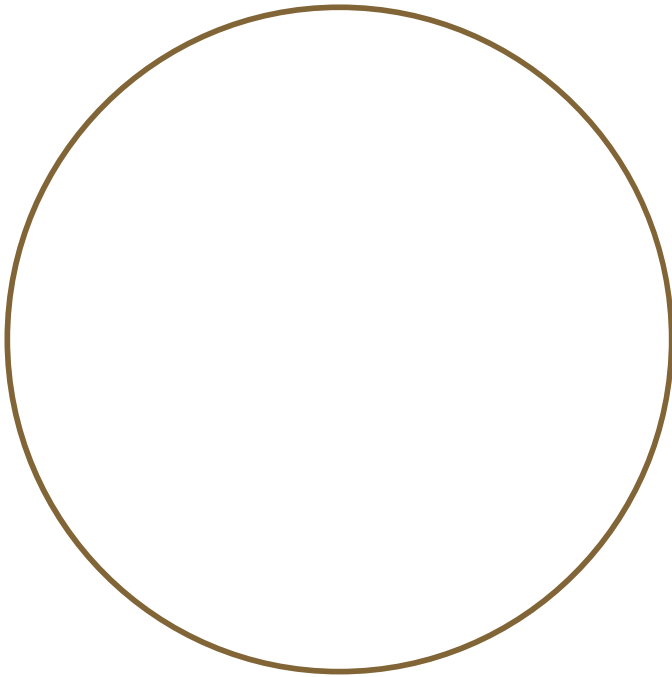


SELF-CARE FRAMEWORK

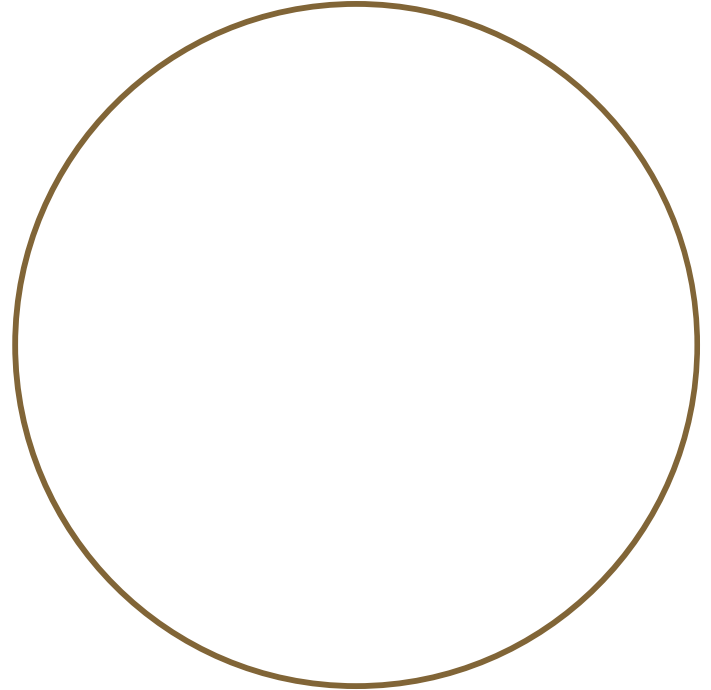


PERSONALIZED SELF-CARE PLAN

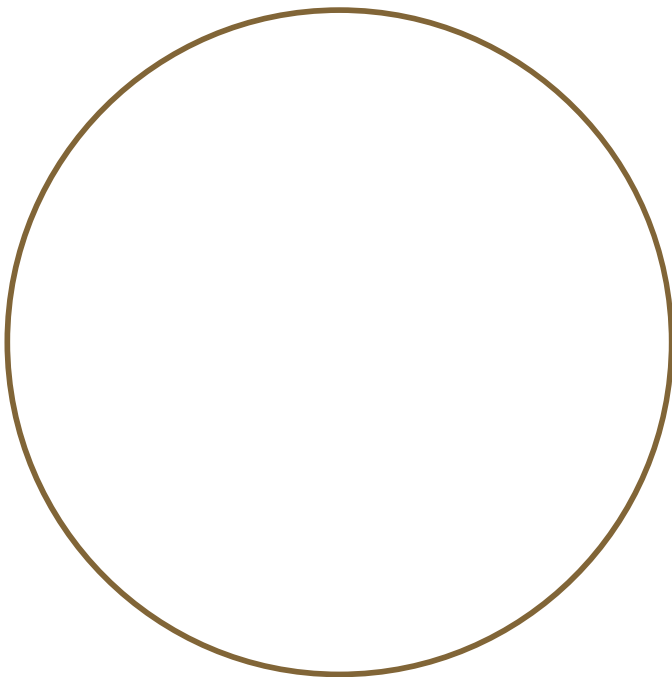
PHYSICAL



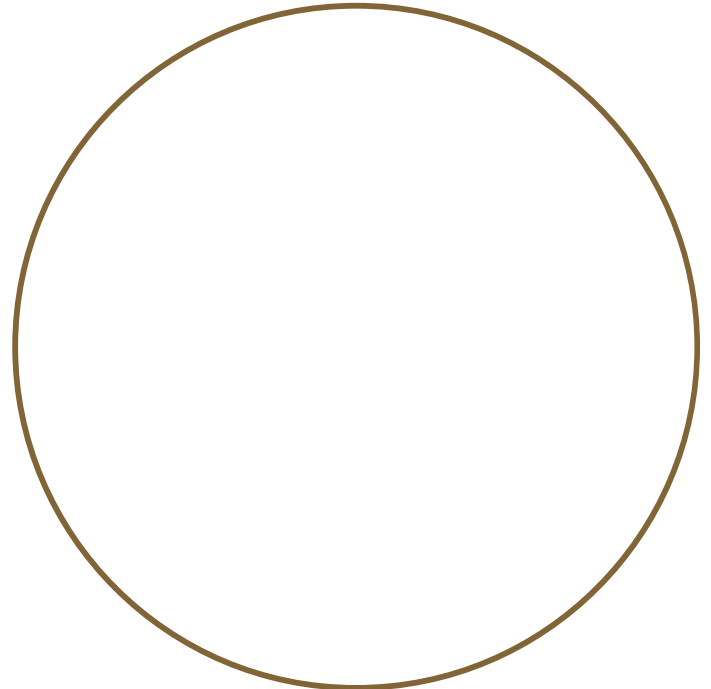
MENTAL



EMOTIONAL

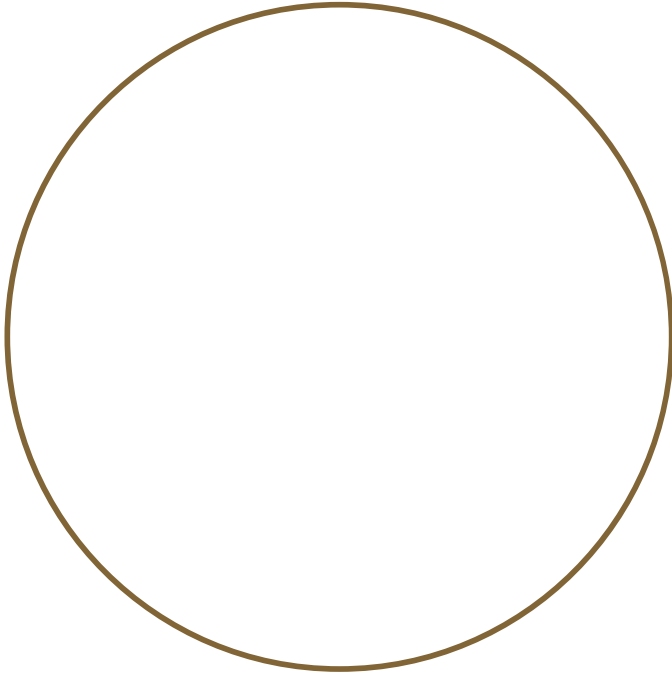


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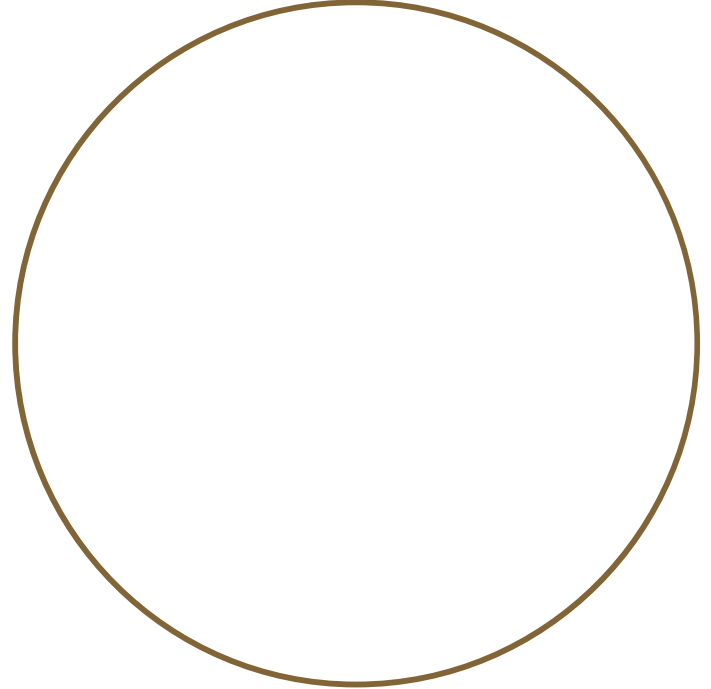


PERSONALIZED SELF-CARE PLAN

RELATIONAL



FINANCIAL



PROFESSIONAL

