

# THE ART OF SELF-CARE



CALL OR TEXT  
A FRIEND



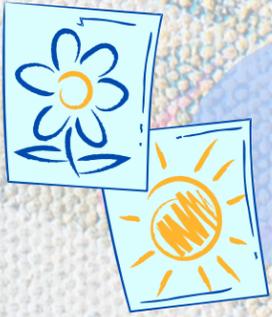
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