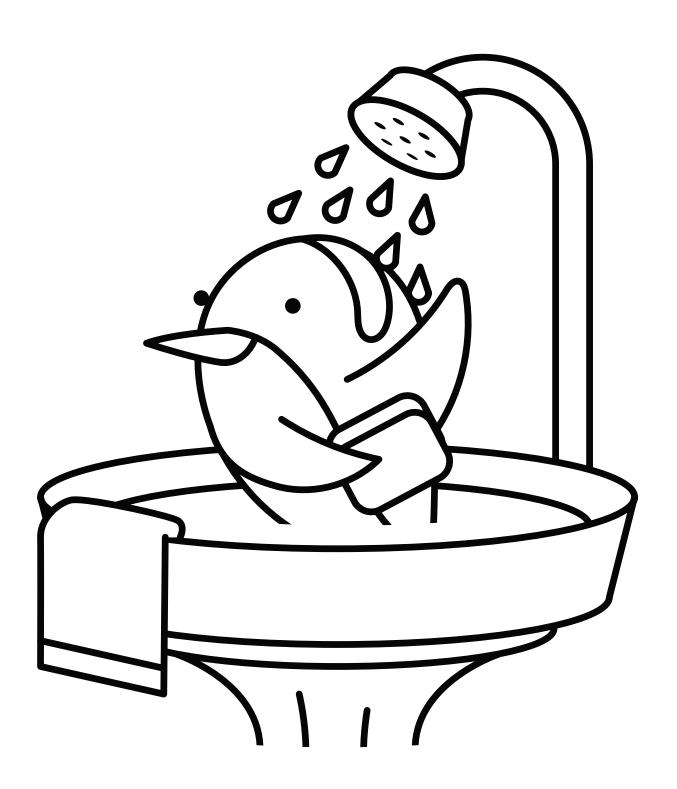
Self-care: Learning how to take care of yourself.
Using kind words, actions and thoughts with yourself.



RANDOM ACTS OF KINDNESS FOUNDATION®