WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing

7th of May



Click the image above for a brief video regarding Mental Health Awareness Month





media?

today?

else?

Mental Health Matters

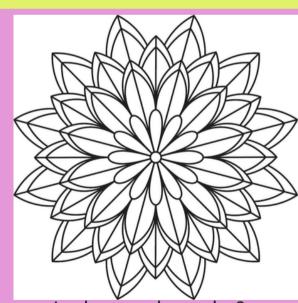


Click the image above for a healing meditation.



This Week's Affirmation:

My mental peace is my priority.



In the mood to color?
Click the image above and enjoy.

988 LIFELINE