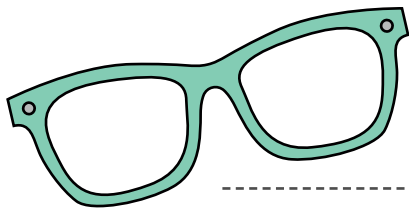


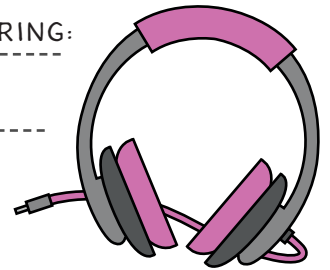
5 WAYS TO LOOK AFTER YOURSELF

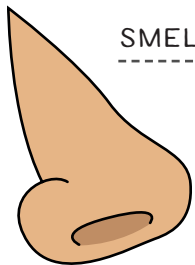
USE THE SPACE BELOW TO WRITE ABOUT DIFFERENT WAYS TO MAKE YOURSELF FEEL BETTER FOR EACH OF THE 5 SENSES.



SEEING:

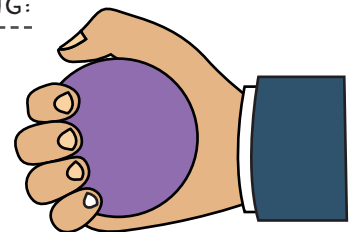
HEARING:

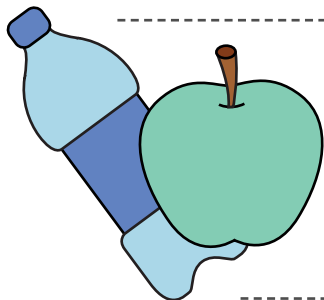




SMELLING:

TOUCHING:





TASTING:

