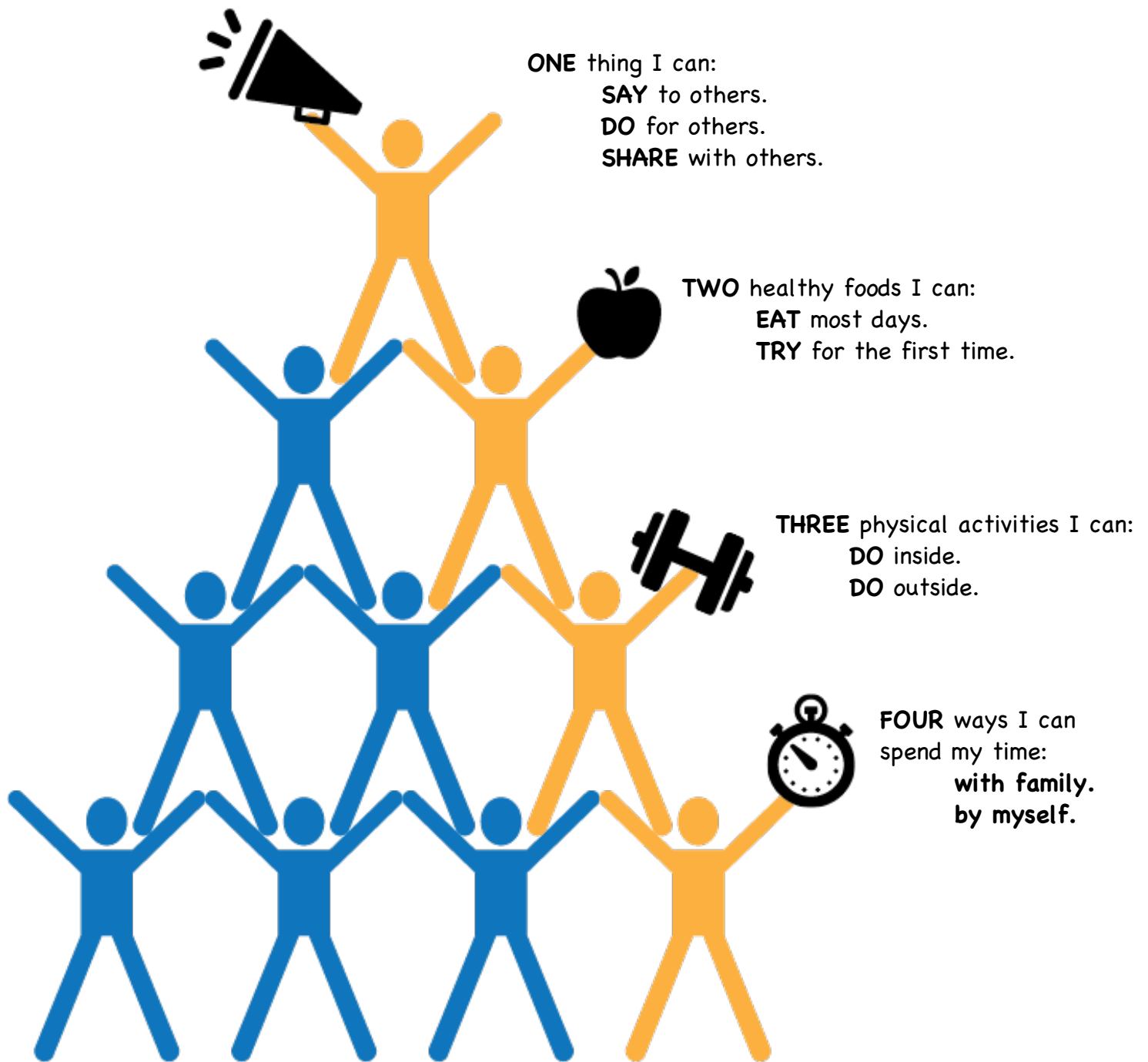


What can we do to stay Well TOGETHER Now?



ONE thing I can:
SAY to others.
DO for others.
SHARE with others.

TWO healthy foods I can:
EAT most days.
TRY for the first time.

THREE physical activities I can:
DO inside.
DO outside.

FOUR ways I can
spend my time:
with family.
by myself.

WELL TOGETHER NOW

FAMILY DISCUSSION: Things I CAN control