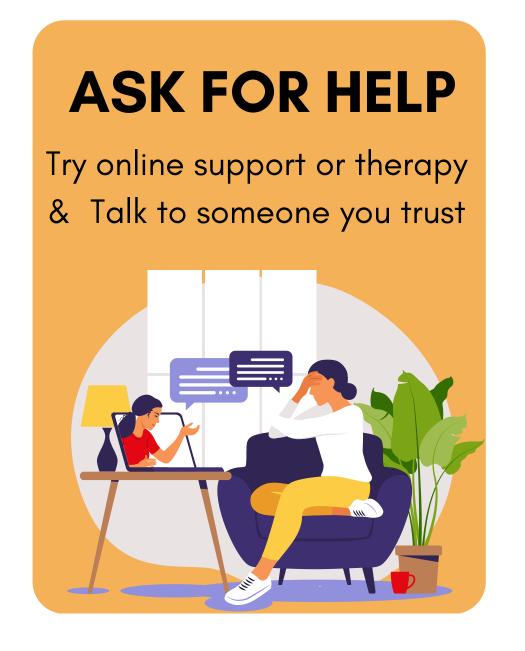
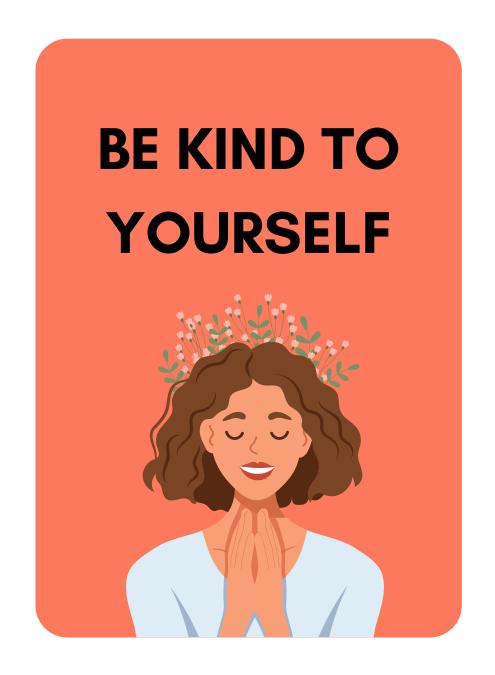


## DEALING WITH ISOLATION

**EASY TIPS TO FEEL BETTER** 









STAY CONNECTED,
STAY HEALTHY!





