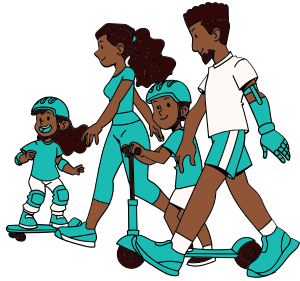




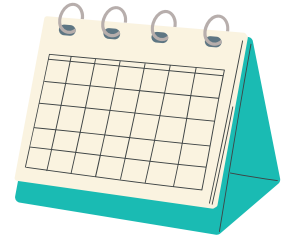
SELF-CARE FOR BUSY MOMS



EXERCISE
WITH
YOUR
KIDS



SWAP
CHILD
CARE WITH
A FRIEND



PUT SELF-
CARE
REMINDERS
ON YOUR
CALENDAR



DO
SOMETHING
EVERY DAY
THAT MAKES
YOU LAUGH



FOCUS ON
ONE THING
AT A TIME



TAKE TIME TO
BE STILL--
BREATH, PRAY,
MEDITATE,
REST