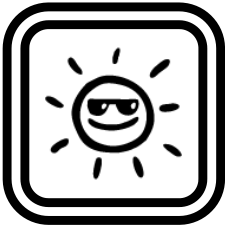


# FAMILY WELLNESS PLAN

## PHONE NUMBERS TO CALL FOR HELP/ASSISTANCE




## THIS MAKES US HAPPY




## POSITIVE WORDS




## THINGS I 'USTA' DO AND WANT TO AGAIN




## GOALS FOR TIME AT HOME