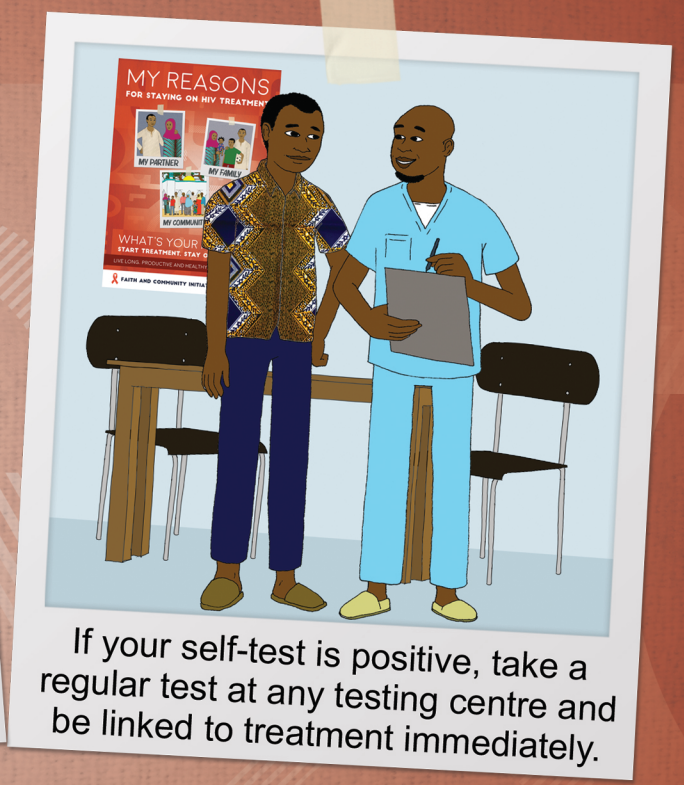
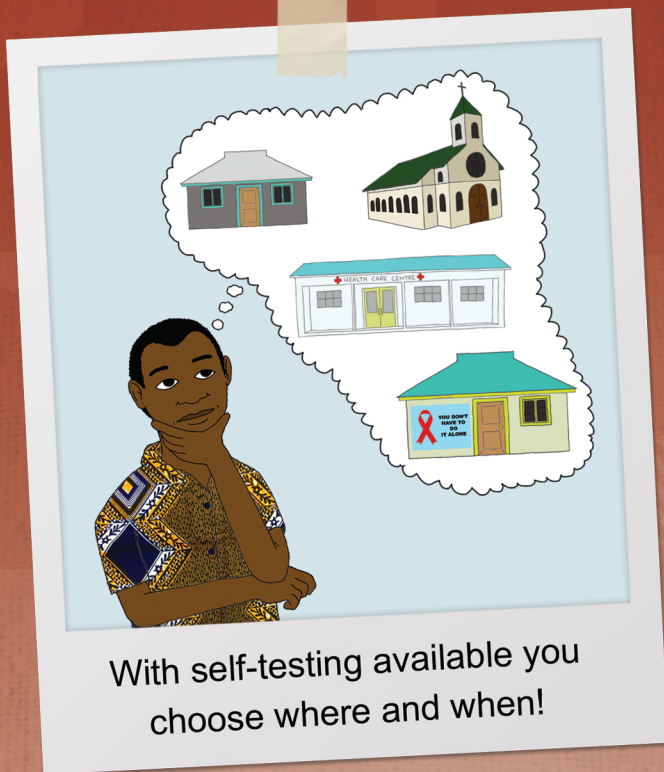


TAKE CARE OF YOURSELF



Illustrations by Alice Müller



FAITH AND COMMUNITY INITIATIVE