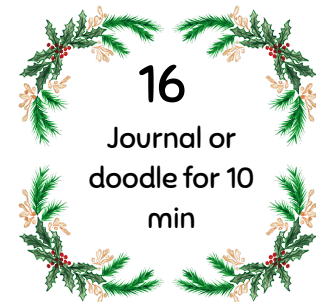
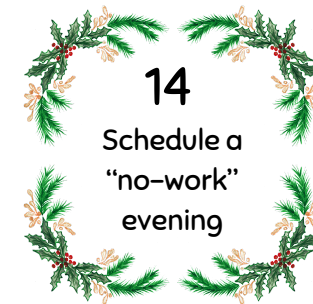


# SELF-CARE ADVENT *Calendar*



F  
o  
r  
  
E  
d  
u  
c  
a  
t  
o  
r  
  
s