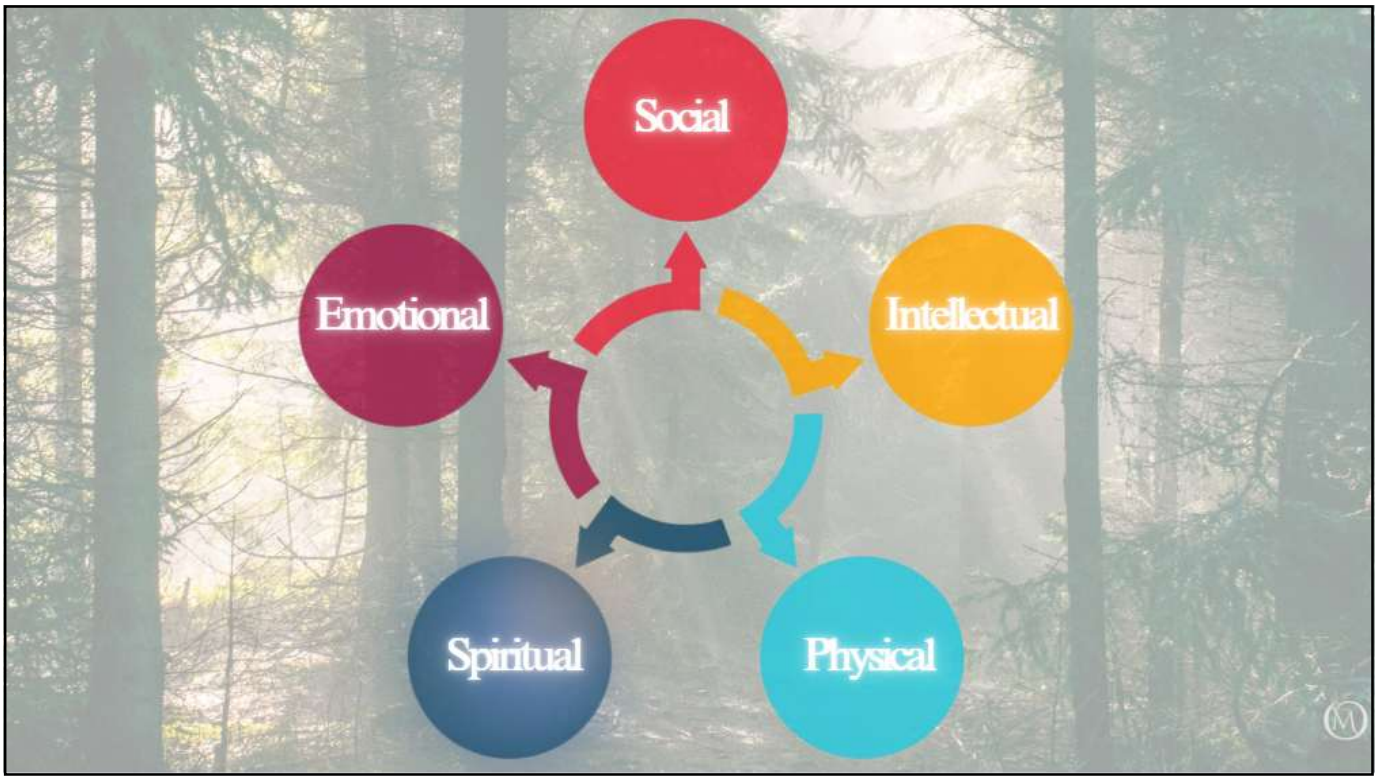
Thriving
with Self-Care
Missy Ohe

1

Compassionate Care &
Clarity

2


Social
Intellectual
Physical
Spiritual
Emotional

3

Humility &
Heart

4

5

6

7

8

9