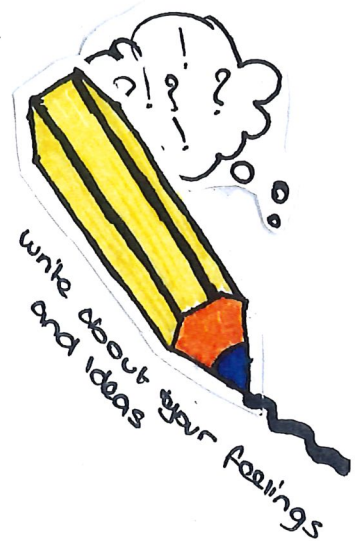
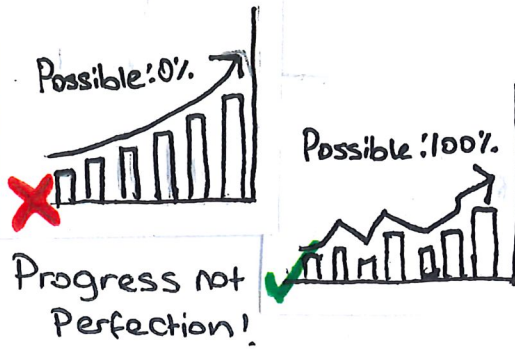
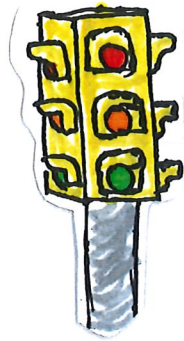


Self-Care Tips



Limit screen time in evenings

