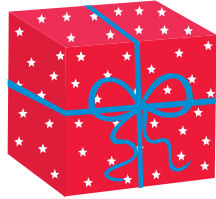


A Gift of Kindness Being Kind To Yourself

What four gifts of kindness could you give to yourself this Christmas?



Stocking Fillers

Put some joy in
your stocking!

Plan some little extra treats for yourself over
the holiday season.