HOPE for HIE
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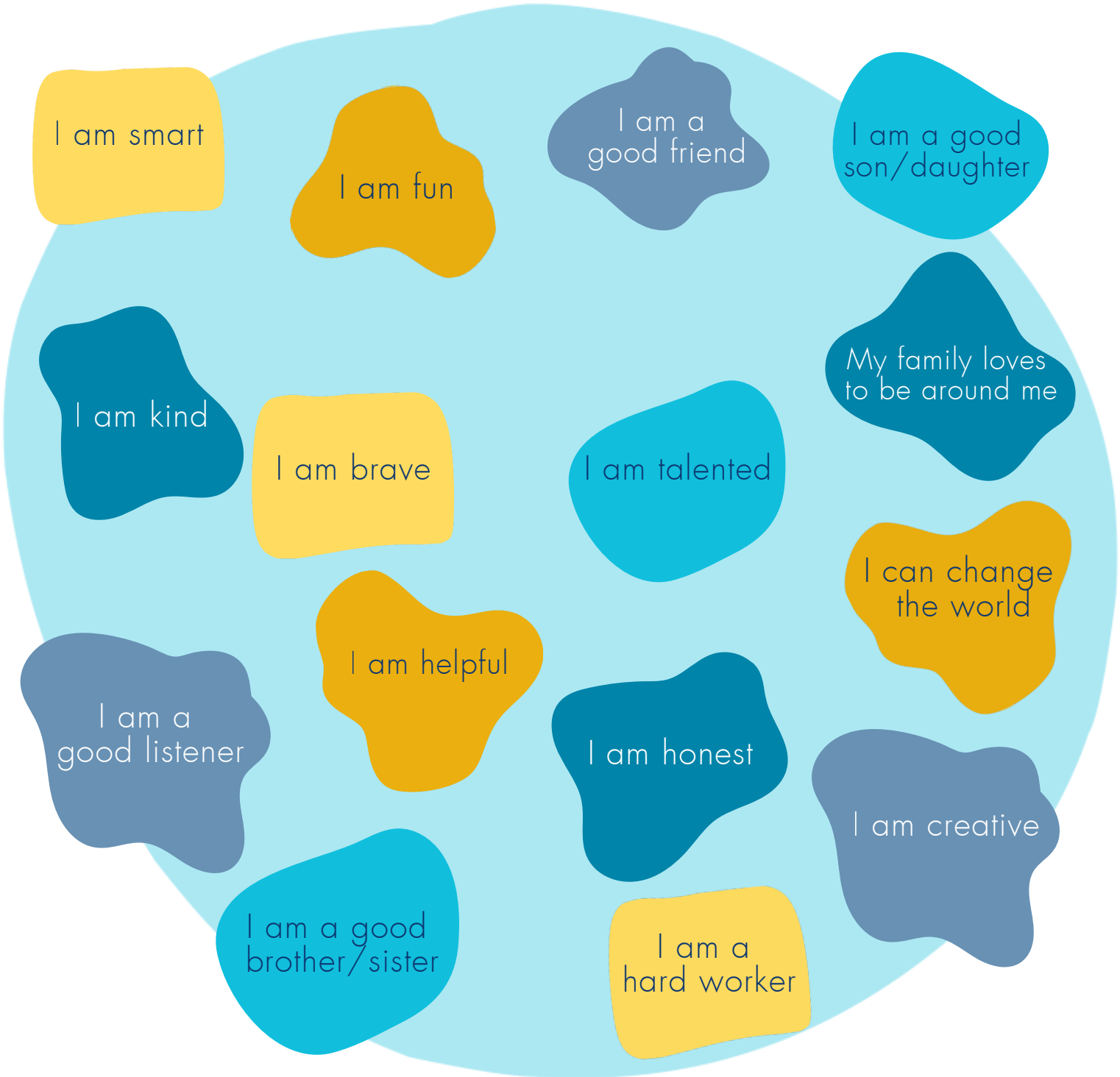
BE KIND.....TO YOURSELF

Being kind to yourself is just as important as being kind to others.