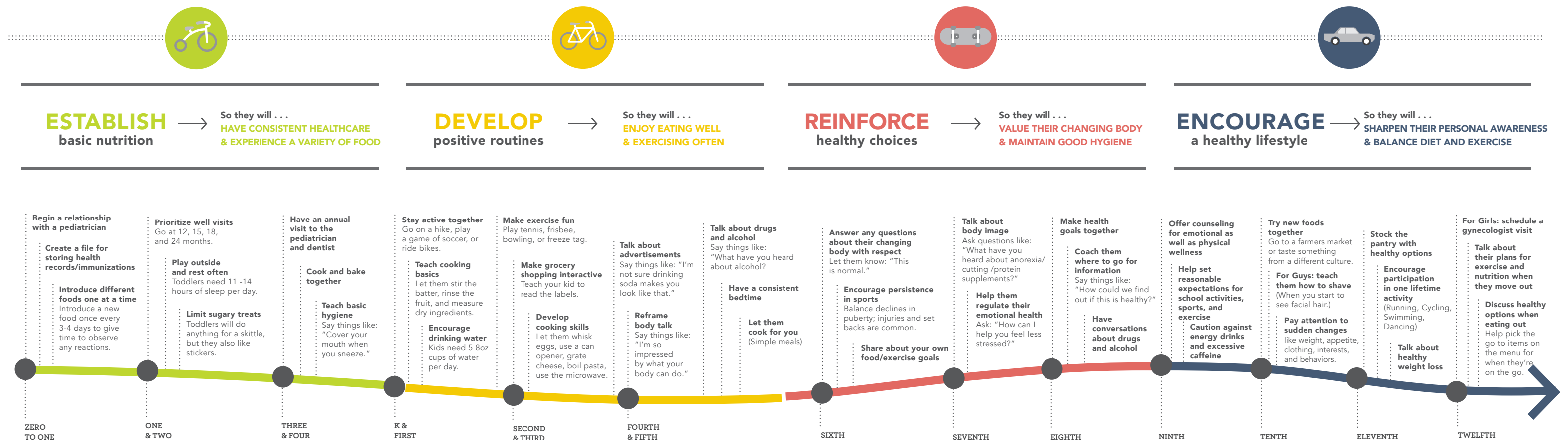


HEALTHY HABITS

Learning to strengthen my body through exercise, nutrition, and self-advocacy



EMBRACE their physical needs

ENGAGE their interests

AFFIRM their personal journey

MOBILIZE their potential

