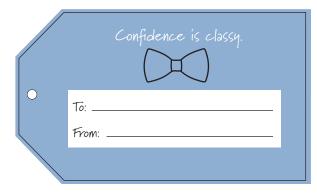
	Cooking with love provides food for the soul.
0	То:
	From:

	Self-care isn't selfish.	
0	To: From: &	3

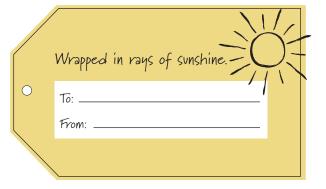
Giive yourself permission to pause & be still.
То:
From:





Be your own kind of beautiful.				
\circ'	То:			
	From:			

	Pets leave paw prints on your hear	t.
•	To: From:	*
	* * * *	



	Smile pretty!
0	To: From: