

Words of wisdom for this holiday season

- Love yourself and love others: Appreciate your life and treat others how you want to be treated!

*Happy Holidays
See you next year!*

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“So nobody is accidentally offended, the ‘Merry Christmas’ people will wear red wrist bands, the ‘Happy Holidays’ people will wear green wrist bands, and the ‘Bah Humbug’ people will wear black wrist bands.”

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Spiritual Health: The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life.