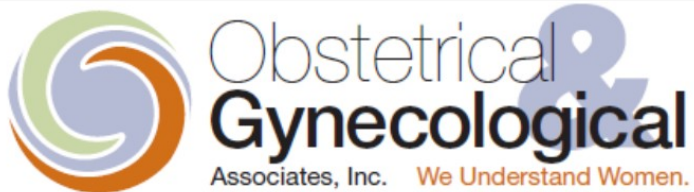


***Take Care of Yourself***

Schedule your annual wellness exam today.  
Good health is the best gift you can give  
yourself this holiday season.



[www.weunderstandwomen.com](http://www.weunderstandwomen.com)

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*A friend hears  
the song in my heart  
and sings it to me  
when my memory fails.*

- Pioneer Girls Leaders Handbook

Just wanted you to know  
I'm thinking about you  
and wishing you some quiet time  
to hear the song in your heart  
this holiday season.