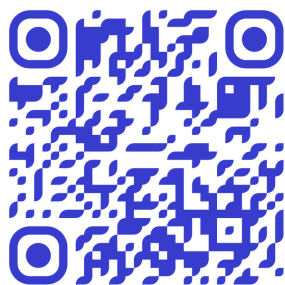
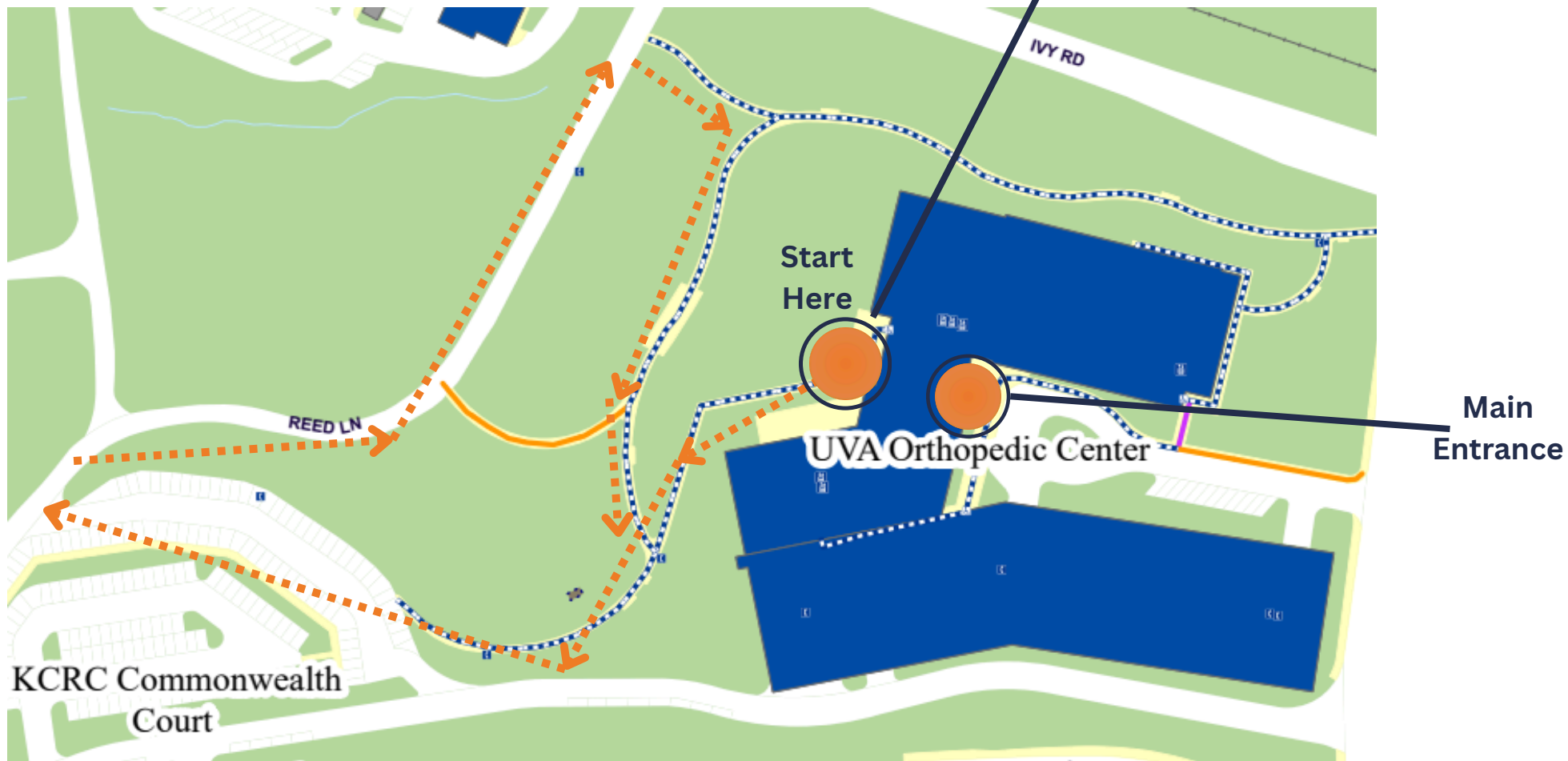
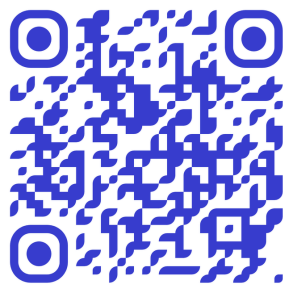


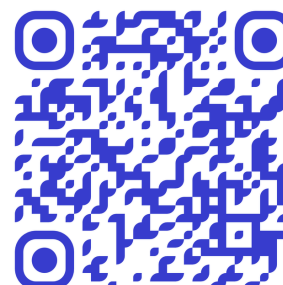
Nurses Walk for Wellness Orthopedic Center Ivy Road-Outside Route



Square Breathing



Gratitude Pause



Grounding Exercise