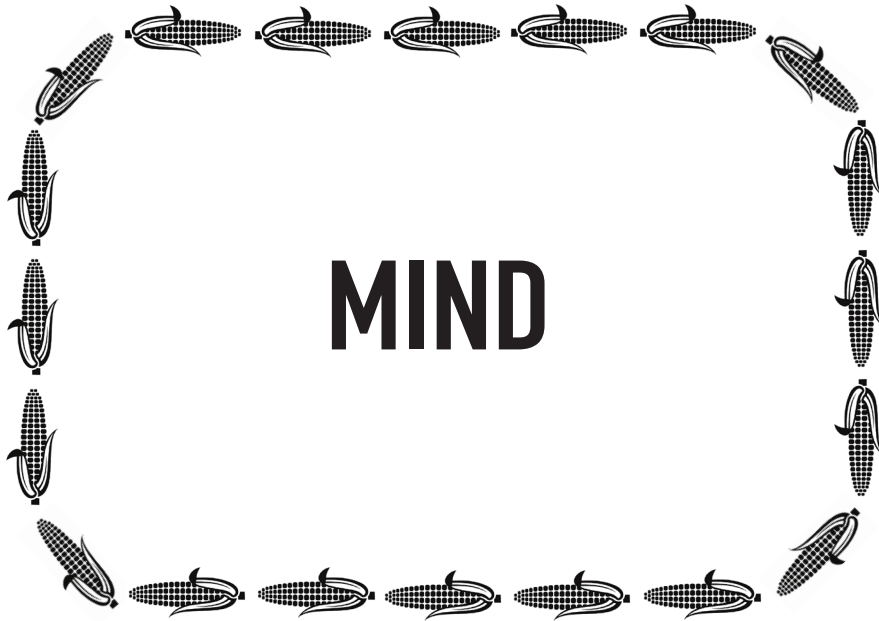




UAII's Self-Care Plan!



MIND



BODY



**SUPPORTIVE PEOPLE
IN MY LIFE**



SPIRIT



I WANT TO ACCOMPLISH