6 WORDS TO WELLNESS

Hope, Healing, Self, Defense, Care, Growth.
Creating safer communities where justice thrives.
Busy life full of fun memories.
Friend in need; my needs met.
Joy lets me help others cope.
Driven to help others over self.
Be kind generous to be happy.
Make hay while day is young.
Love is Love is Love!
Optimistic, problem-solver who cares about future.
Getting up matters more than falling.
Always getting better day by day.
She couldn’t but did it anyway.
Do not stop trying to improve.
I always find a path forward.

Exacting, Exasperating, Loving, Impatient, Who Knows?

Laughter brings us happiness and joy.