

~~NOVEMBER~~ PLEDGE

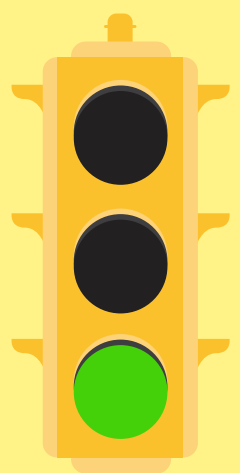


THIS NOVEMBER, JOIN US IN OUR YESVEMBER PLEDGE:
Say YES to things that make you feel good, opportunities and positive moments:



- CREATING MEMORIES
- FRUIT AND VEG
- EXERCISE
- HELPING OTHERS
- ACCEPTING HELP
- ME TIME

YES



yes

YES
You can!