

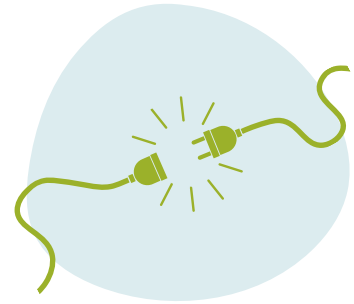
5 HEALTHY & HAPPY *habits for fall* FOR FAMILIES



prioritize
commitments



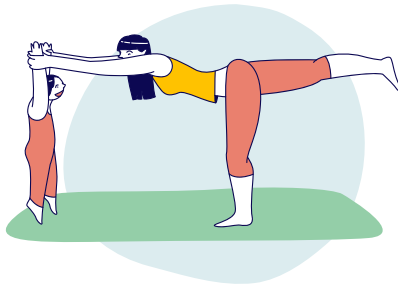
get organized



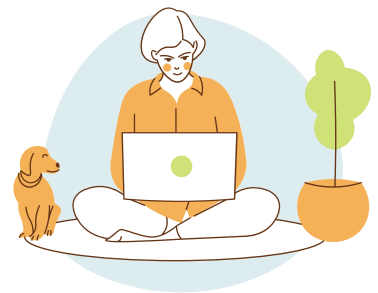
unplug
together



share mindful
meals



exercise
together



get more at
mytherapyworks.com