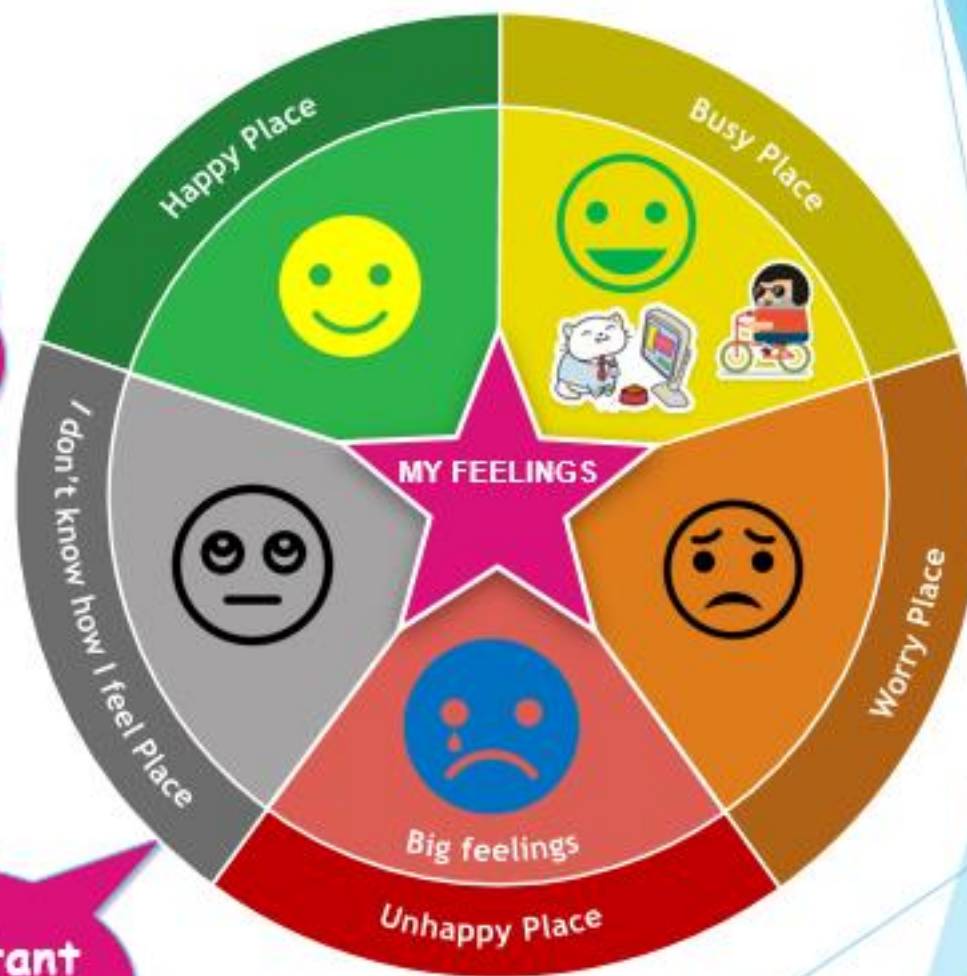


STARS® Well-being Wheel



It's OK to
NOT be
OK

It's important
to TALK

STARS® Well-being KIT



Stay **ACTIVE & HEALTHY**



Talk and listen to **CONNECT**



Act of kindness **GIVE**
Attitude of **GRATITUDE**



Retain compassion for self **POWER of NOW**
Retain **POSITIVITY**



Set achievable **GOALS** for tomorrow
Stimulate, grow & **LEARN** daily

