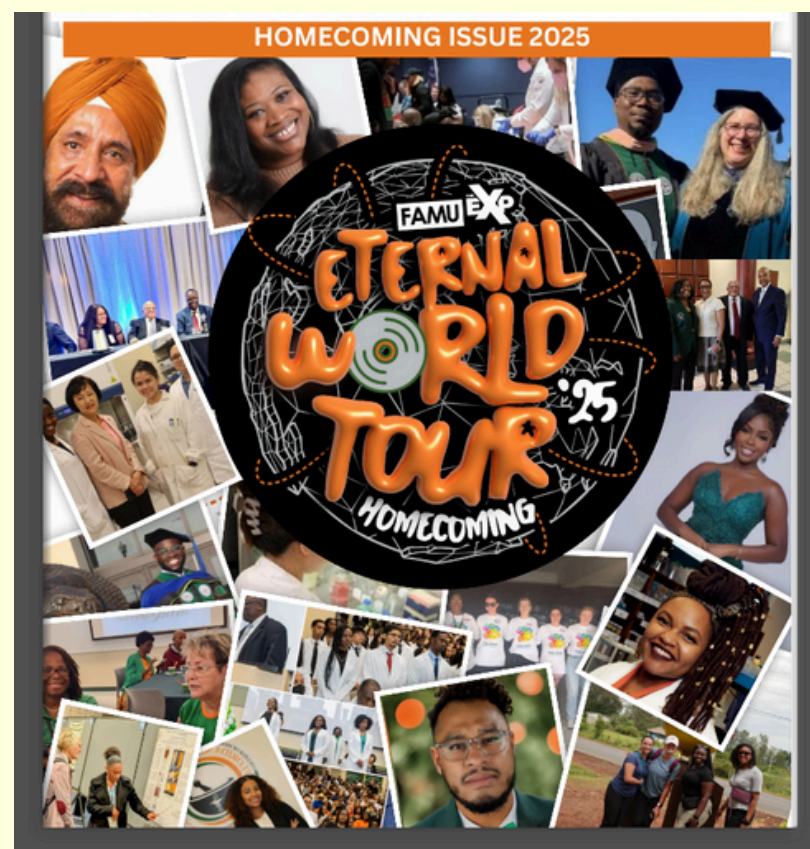
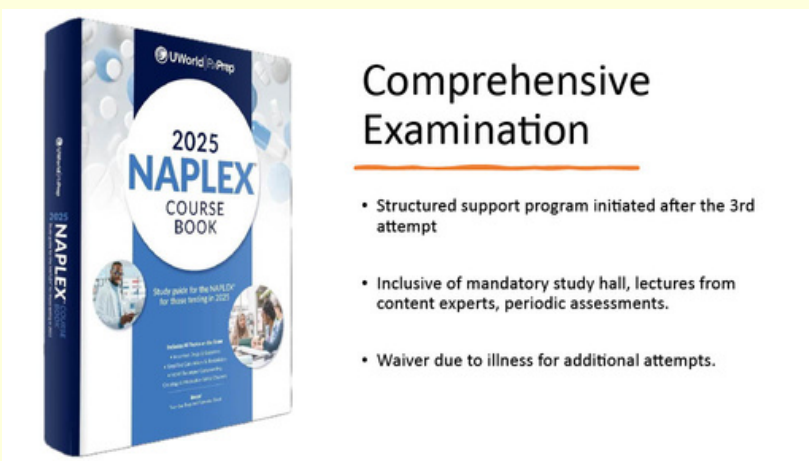




Happy



Thanksgiving



Let's enjoy this Thanksgiving, embrace the joy of family and community with a spirit of forgiveness and gratitude. Care for your health and wellness by practicing moderation in food and drink, remembering that true celebration is found in balance, not excess. Let us uplift one another with kindness, encourage open conversations around mental health, and stand together to combat signs of loneliness or depression. May this season be filled with compassion, connection, and renewed hope.

Let's enjoy every day by giving thanks!

