

LIFE is too short, why not
make the most of it all?

Two Steps Forward. Breathe

in the small things. **BELIEVE.** Grace.

BE YOUR OWN ADVOCATE!

Connect with people. Make time your friend and
not your enemy. Provide resources.

S U R V I V O R

Powerfully courageous. Inspire gratitude. Stand
tall. Be mindful. **Finding inspiration.**

NEW BEGININGS. Be still. Live each day as it
comes. Know and respect your body. **LOVE.**

TO EMBRACE LIFE AND LOVE COMPLETELY.

NEW NORMAL,
BETTER NORMAL. **F R I E N D S**

Through adversity often comes a
new appreciation of life around you.

FAMILY The small things in life are
just as important to **embrace.**