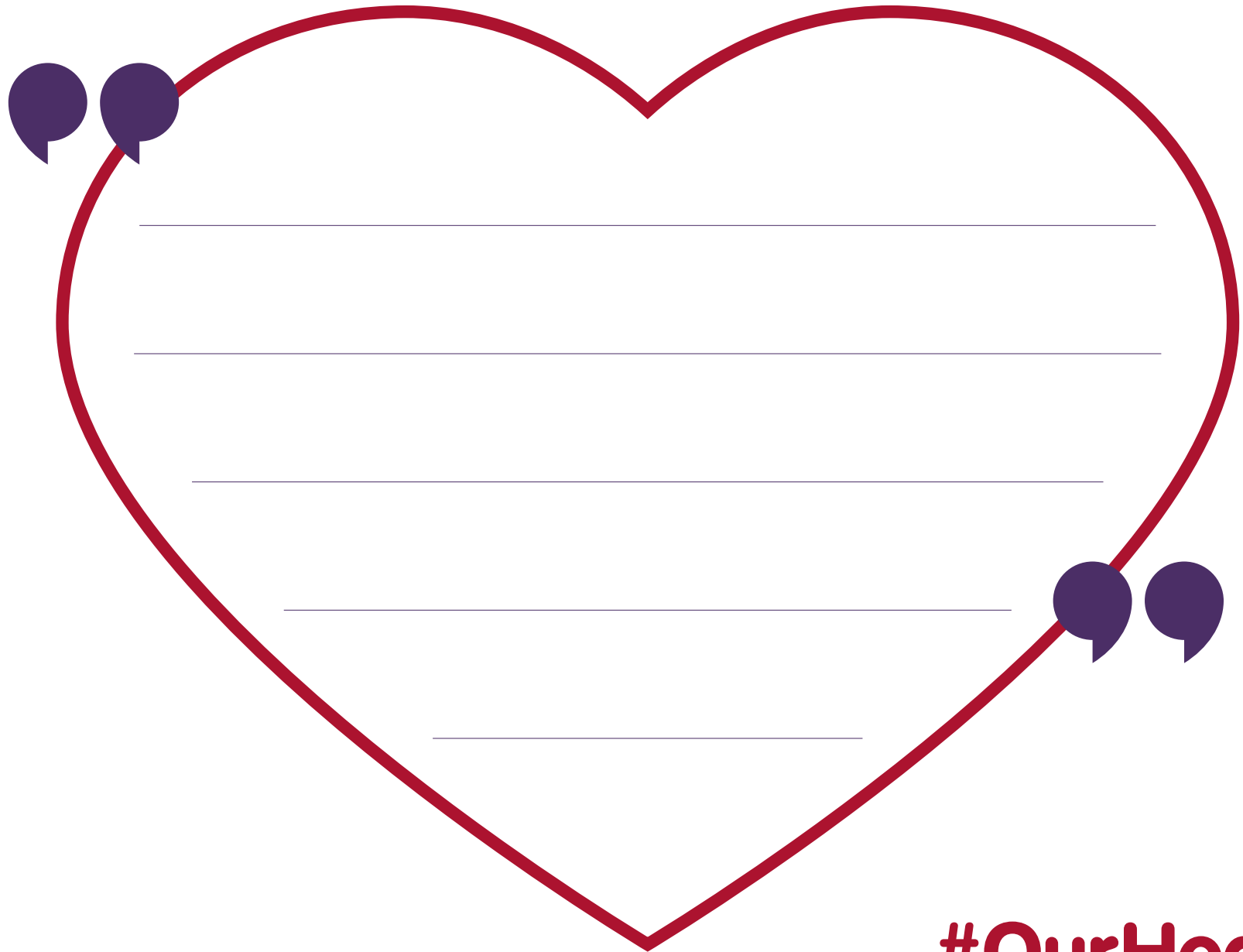


I practice self-care for my heart because...



A large red heart outline is centered on the page. Inside the heart, there are five horizontal lines for writing. On the left side of the heart, there are two dark purple speech bubble icons. On the right side, there are also two dark purple speech bubble icons.

#OurHearts