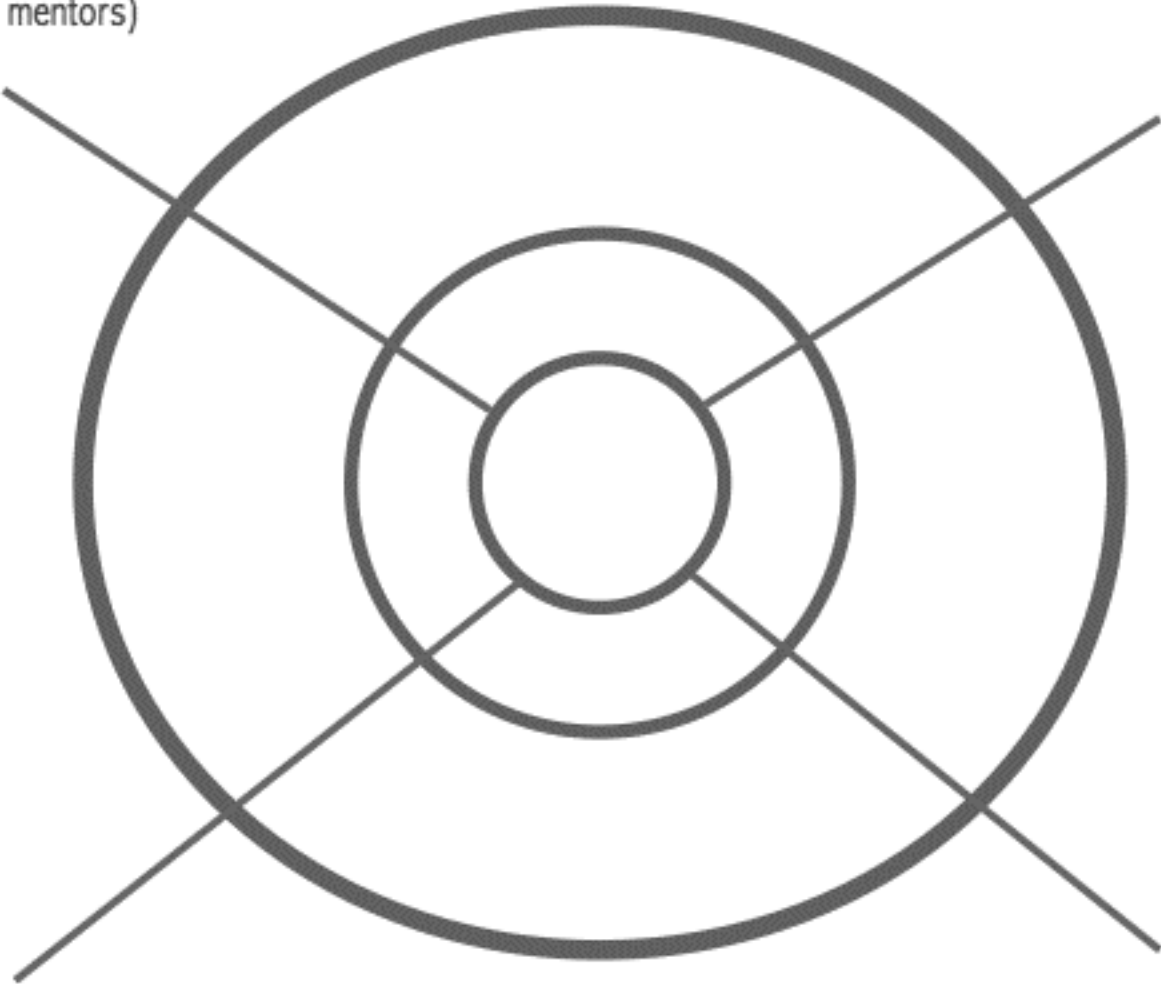


Physically Fit and Socially Connected

My personal support
(family, friends, companions, mentors)



My health providers and practitioners
(doctor, dentist, trainer, counselor)

My environment
(sidewalks, parks, ramp, market)

My resources
(music, equipment, podcasts, organizations)