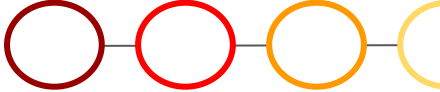
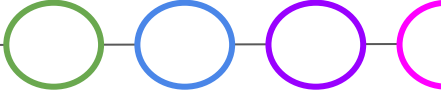




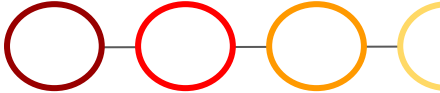
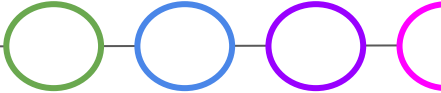



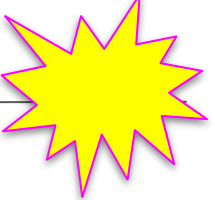





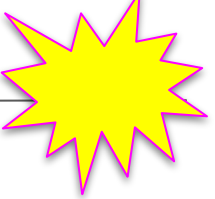


Your Caremittment Progress!

Congratulations! When you have completed each week's challenge, celebrate with a little bootie-shake and then mark a circle. At the end of 8 weeks, plan a reward for yourself for completing as many as you could, even if that was only one challenge. Share this with your friends and see how many you can complete together!

 August	 September	
 October	 November	
 December	 January	
 February	 March	
 April	 May	
 June	 July	

Making a Caremittment to CoCare, Ginger Lewman

For more information about building systems of co-care inside your organization, visit essdack.org/resilience

