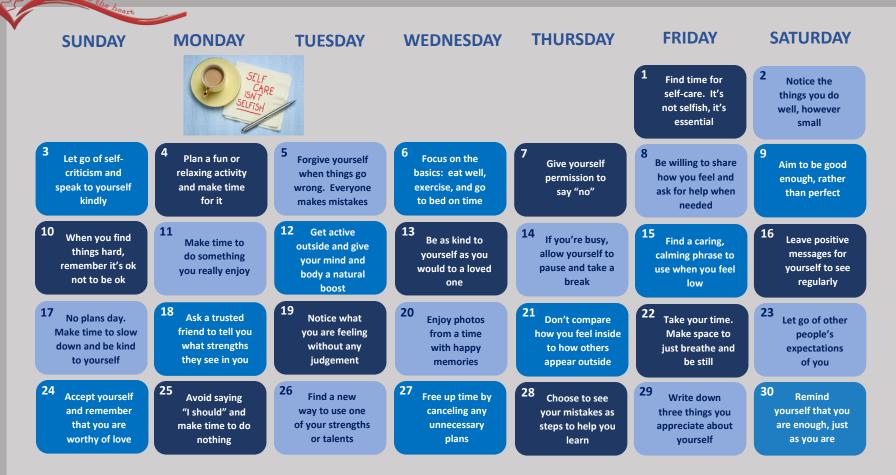
KISD SELF-CARE CALENDAR: SEPTEMBER 2023



"Self-care is not a waste of time. Self-care makes your use of time more sustainable."

MENTAL WELLNESS MATTERS







DE