# BALANCE WHEEL



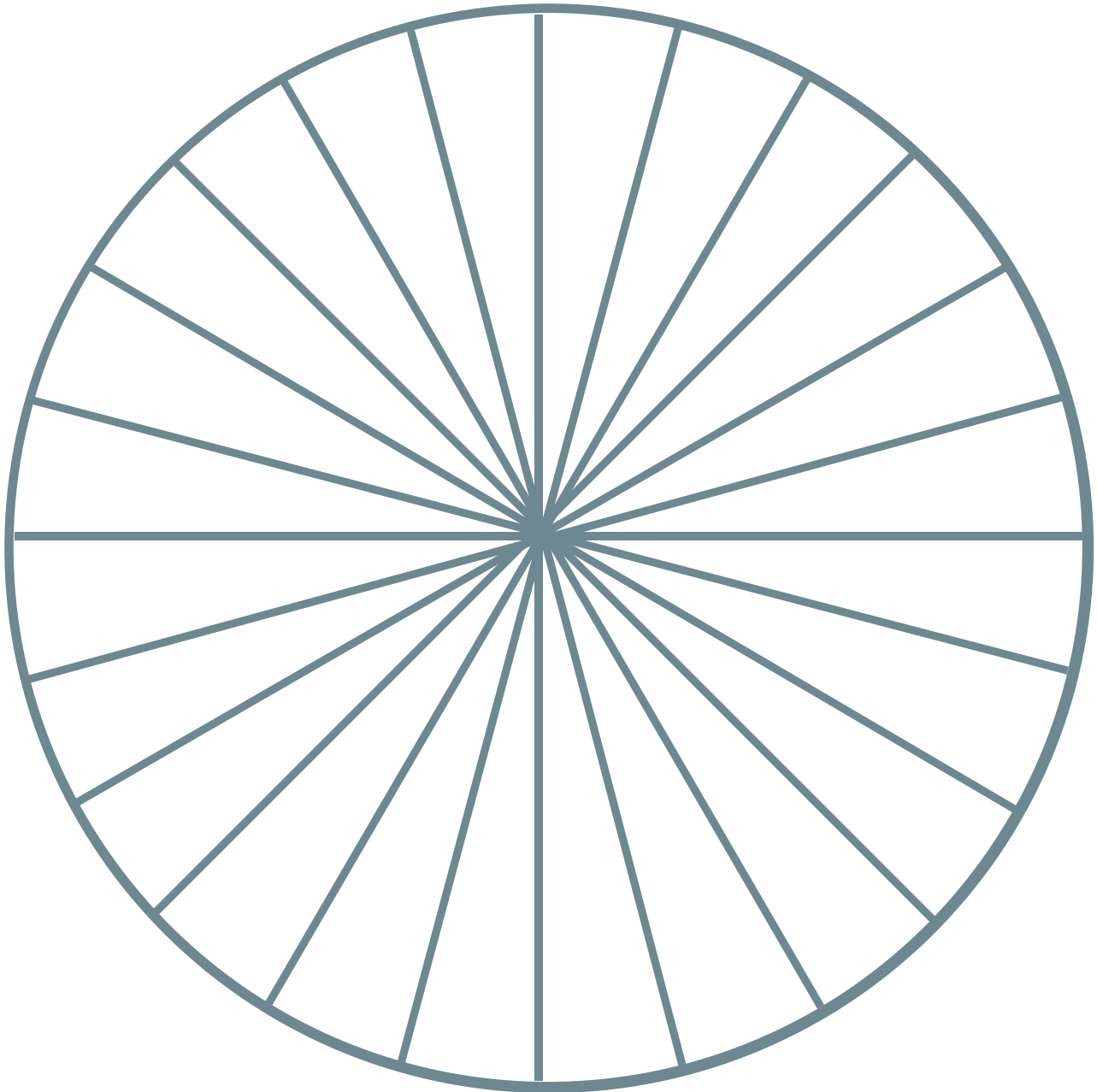## WORK, REST, PLAY, SELF-CARE