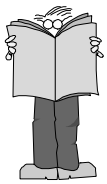
FORGE THE FUTURE

SELF CARE

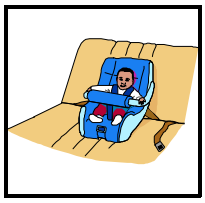
Idea List for FEBRUARY



- ❒ **Check your New Year's resolution list and follow thru with your plan.**

- ❒ **Do something special for a friend and/or family member for Valentine's Day.**
- ❒ **Take time to do something special for yourself.**
- ❒ **Check your smoke and carbon monoxide detectors. Change batteries routinely.**

- ❒ **Have a meatless dinner 2 times a week.**



- ❒ **LOVE your child. Make sure all children buckle up in the car, no matter where they sit. Look up car seats in "Taking Care of Your Child."**
- ❒ **Make it a point to get enough sleep each night.**

- ❒ **Sitting can put more strain on your back than standing. Adjust your office chair so that it supports your lower back. Check your posture - pretend there is an inner string pulling you upright so that you are not slouching.**