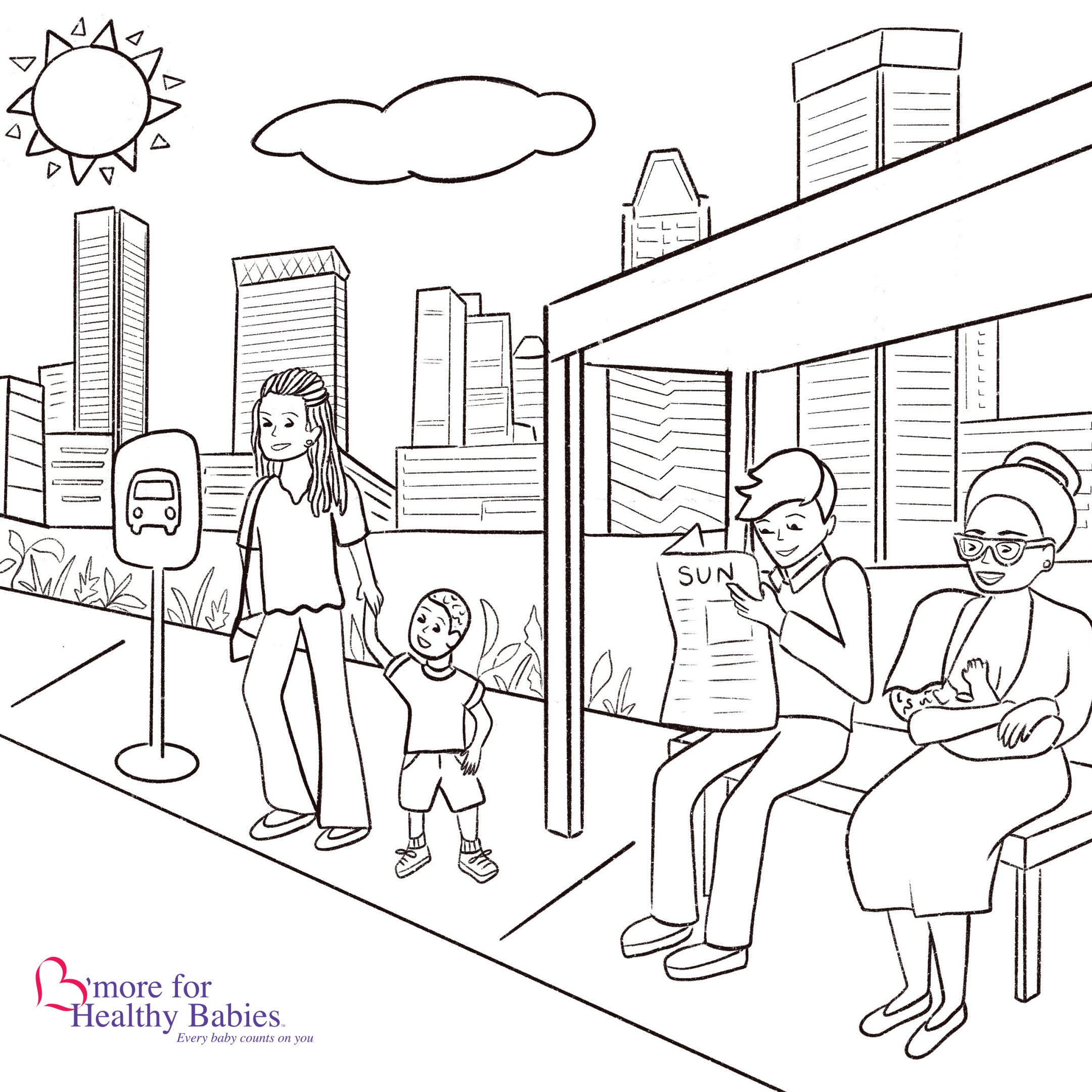
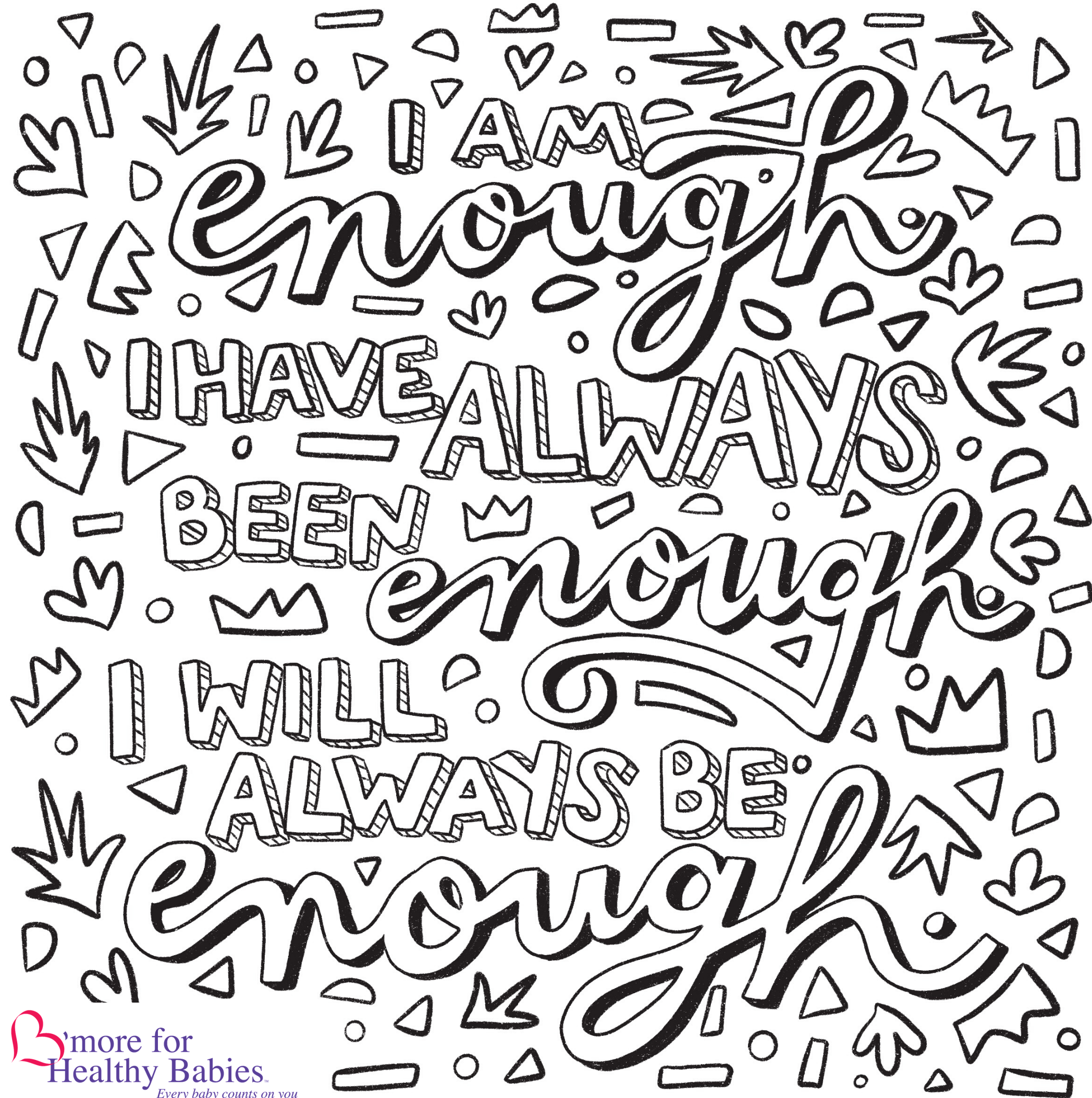


IN ORDER TO TAKE CARE OF OTHERS,  
YOU CAN'T  
POUR FROM  
AN  
EMPTY  
GLASS.  
I HAVE TO TAKE CARE OF MYSELF.









A Note To My Baby:



“The  
BIGGEST ADVENTURE  
you can take is to

LIVE THE  
LIFE OF

your dreams.”

• OPRAH •

More for  
Healthy Babies.

Every baby counts on you

A Note To My Future Self.



