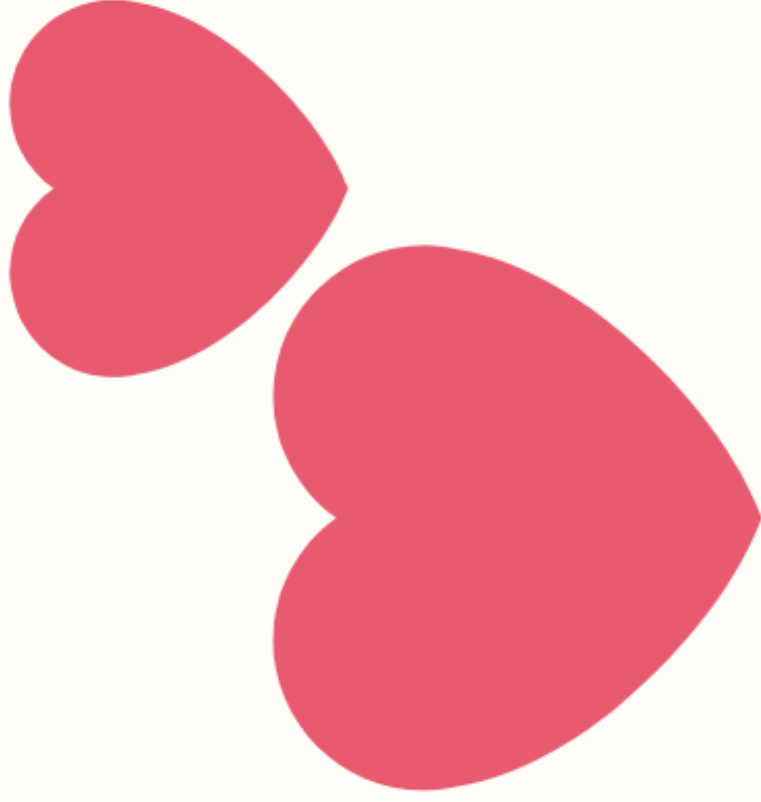




# Compassion

DURING DIFFICULT TIMES



**BREATHE IN KINDNESS FOR YOURSELF**  
**BREATHE OUT KINDNESS FOR OTHERS**

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