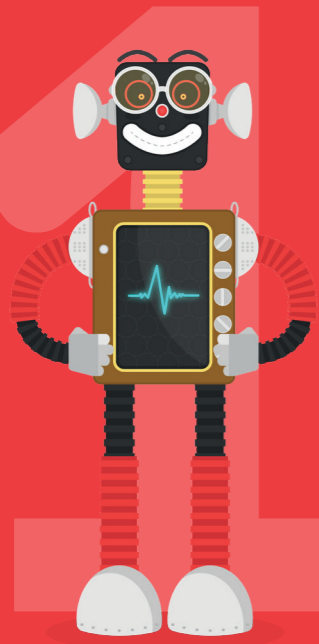


# — The HeartSmart High Five —



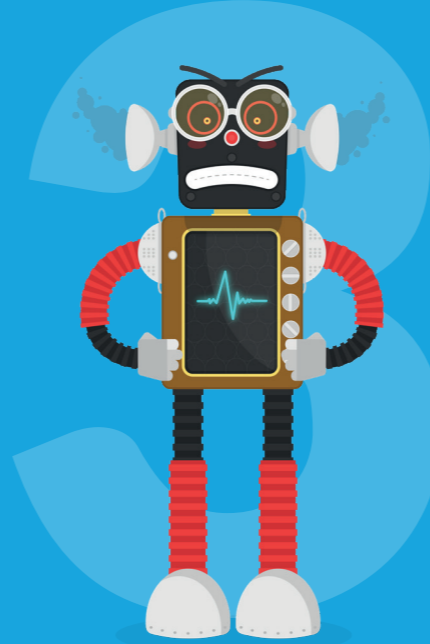
## Don't Forget To Let Love In!

Learning how important, valued and loved we are.



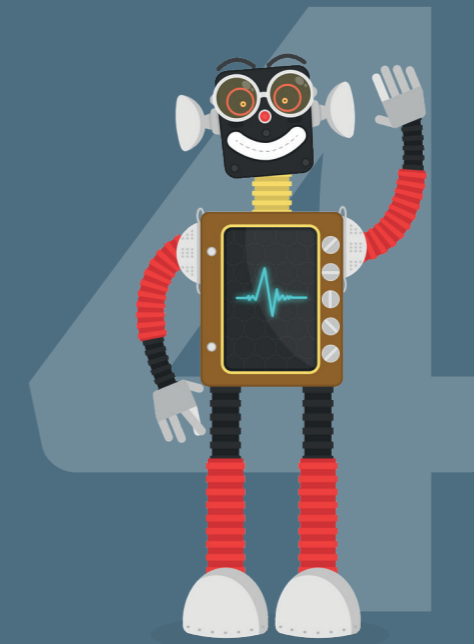
## Too Much Selfie Isn't Healthy!

Exploring the importance of others and how to love them well.



## Don't Hold On To What's Wrong!

Understanding how to process negative emotion and choose forgiveness to restore relationships.



## Fake Is A Mistake!

Unpacking how to bravely communicate truth and be proud of who we are.



## 'No Way Through,' Isn't True!

Knowing there is a way through every situation, no matter how impossible it may seem.