

WHAT  
NOURISHES  
YOU?

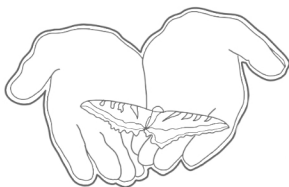


PHYSICALLY

MENTALLY

EMOTIONALLY

CREATIVELY



SELF CARE  
FOR THE  
PANDEMIC

FREE E-COURSE  
WITH ANDREA SCHROEDER  
CREATIVEDREAMINCUBATOR.COM