
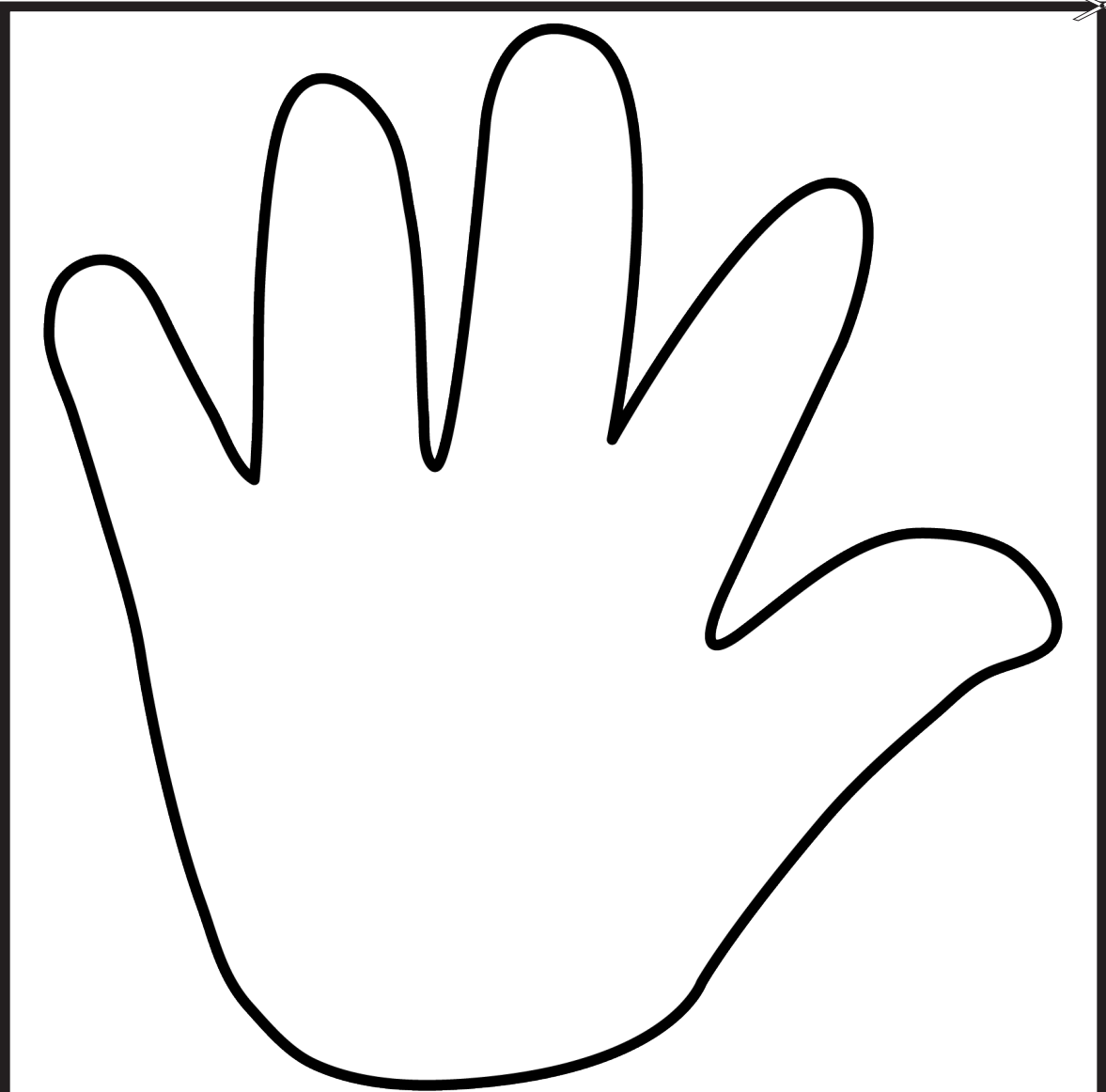
 Cut on solid lines.


 Fold on dotted lines.


Do NOT fold or cut gray lines.



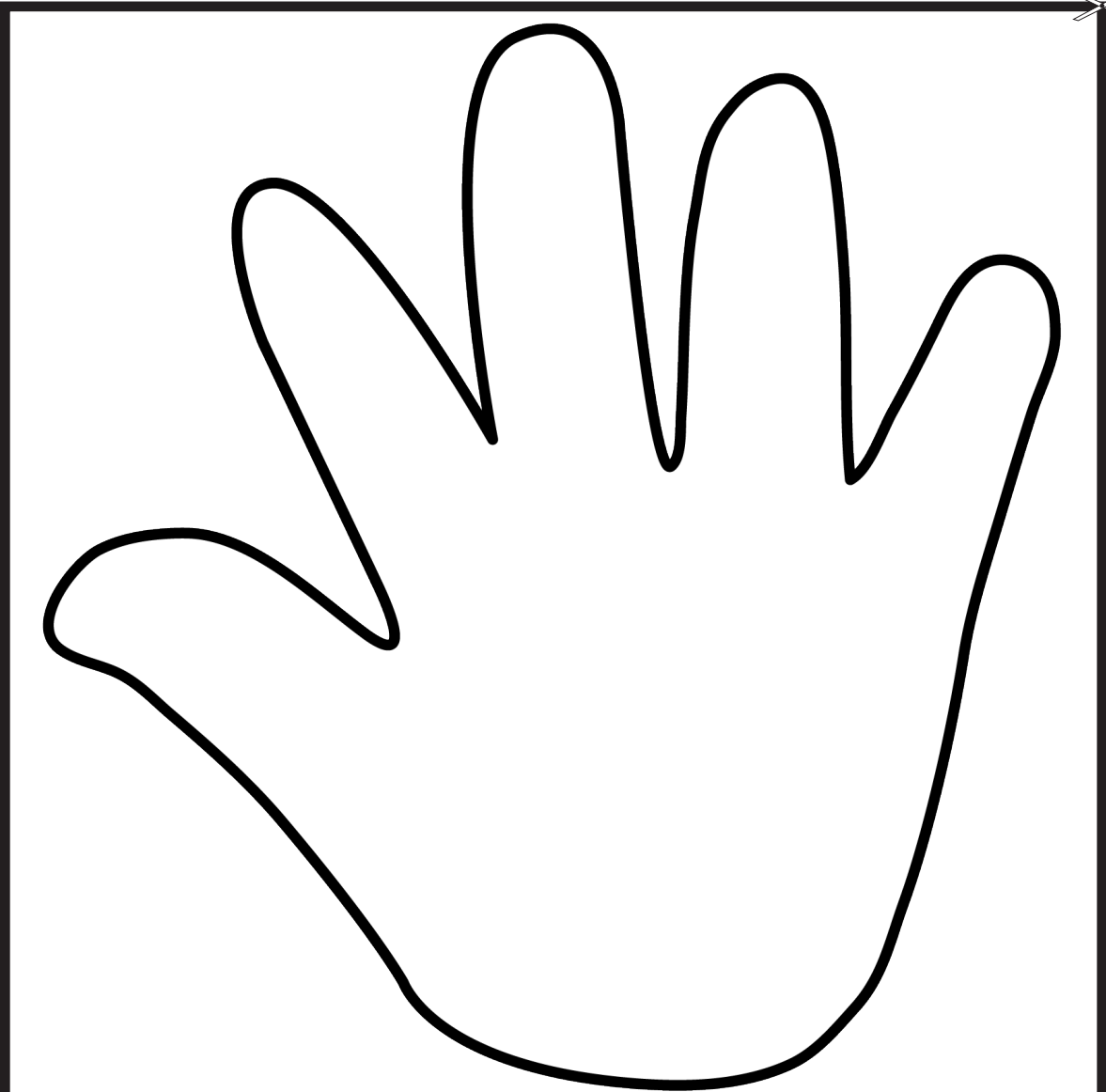
How I take care of me

© 2021 dinah.com

 Cut on solid lines.

 Fold on dotted lines.

Do NOT fold or cut gray lines.



How I take care of others

© 2021 dinah.com