

#WaterYouThinking

Positive Powerwashing for Your Mental Health

You've sung the songs, but have you talked the talk?

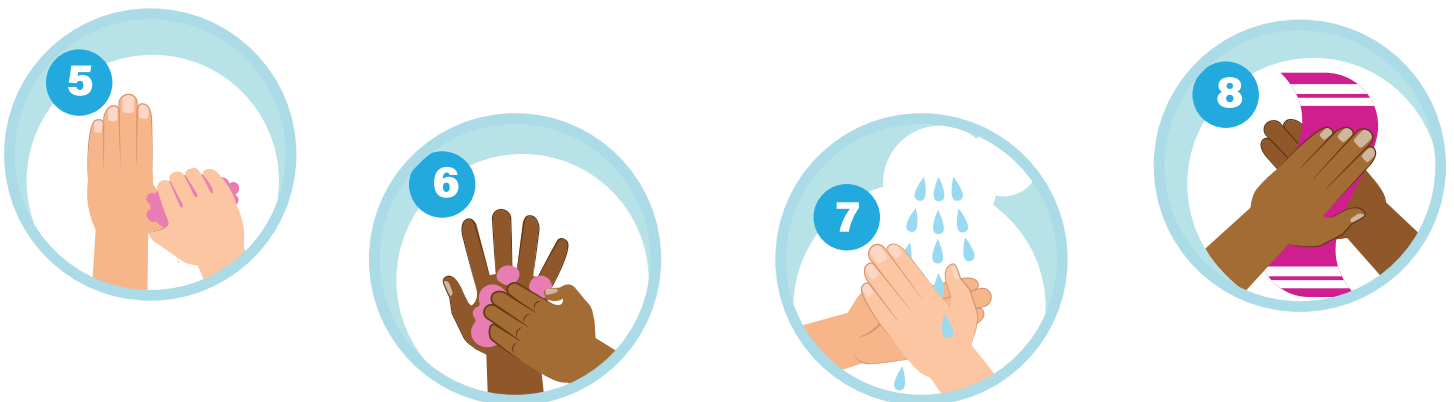
People are singing their way through 20 seconds of hand washing these days. But what if we started **thinking** while washing for better physical and **mental health**?



#WaterYouThinking is easy – and good for your mental health!

Lather up and powerwash with these positive thoughts:

I am **grateful** for _____ because _____ .
 I am **hopeful** for _____ because _____ .
 I feel **joyful** about _____ because _____ .



For more information or to make an appointment, please visit our website or call us. You are not alone!

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