```html
<!DOCTYPE html>
<html>
<head>
    <title>Our Services</title>
    <link rel="stylesheet" href="styles.css">
</head>
<body>

<nav> ...same nav... </nav>

<div class="container">
    <h2>Our Services</h2>

    <ul>
        <li>Mood Tracking Dashboard</li>
        <li>Digital Journal Portal</li>
        <li>Book Appointments (Online & In Person)</li>
        <li>Mental Health Resources</li>
        <li>Affordable Subscription Tiers</li>
    </ul>
</div>

<footer>© 2025 Cloud 7</footer>
</body>
</html>
```