```html
<!DOCTYPE html>
<html>
<head>
    <title>About Cloud 7</title>
    <link rel="stylesheet" href="styles.css">
</head>
<body>

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

<div class="container">
    <h2>About Us</h2>
    <p>Cloud 7 was created to help individuals overcome mental blocks, heal from the past, and connect with the right support at the right time.</p>
</div>

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