

Motivational Quotes

“My personal goals are to be happy, healthy and to be surrounded by loved ones.” – Kiana Tom

“He who has health, has hope; and he who has hope, has everything.” – Thomas Carlyle

“Love yourself first and everything falls into line.” — Lucille Ball

Facts

Eat

Bananas are berries... and strawberries aren't!

Luv

Holding a Loved one's Hand Relieves Pain and Stress.

Pray

Meditation can be a more effective painkiller than morphine.