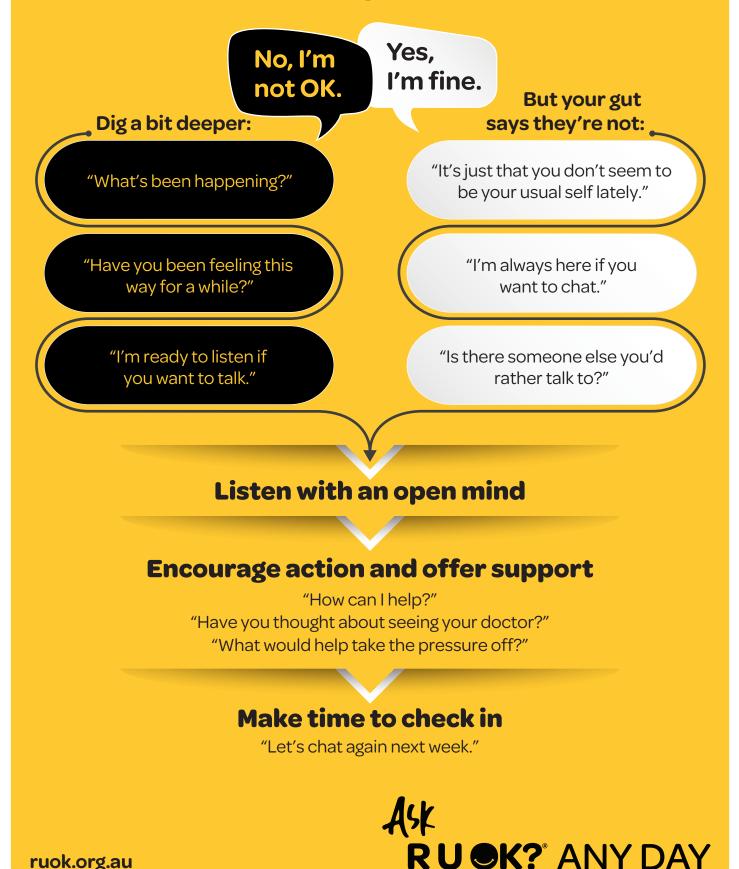
## How to stay connected and ask R U OK? Any Day

## Start by asking, 'are you OK?'



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