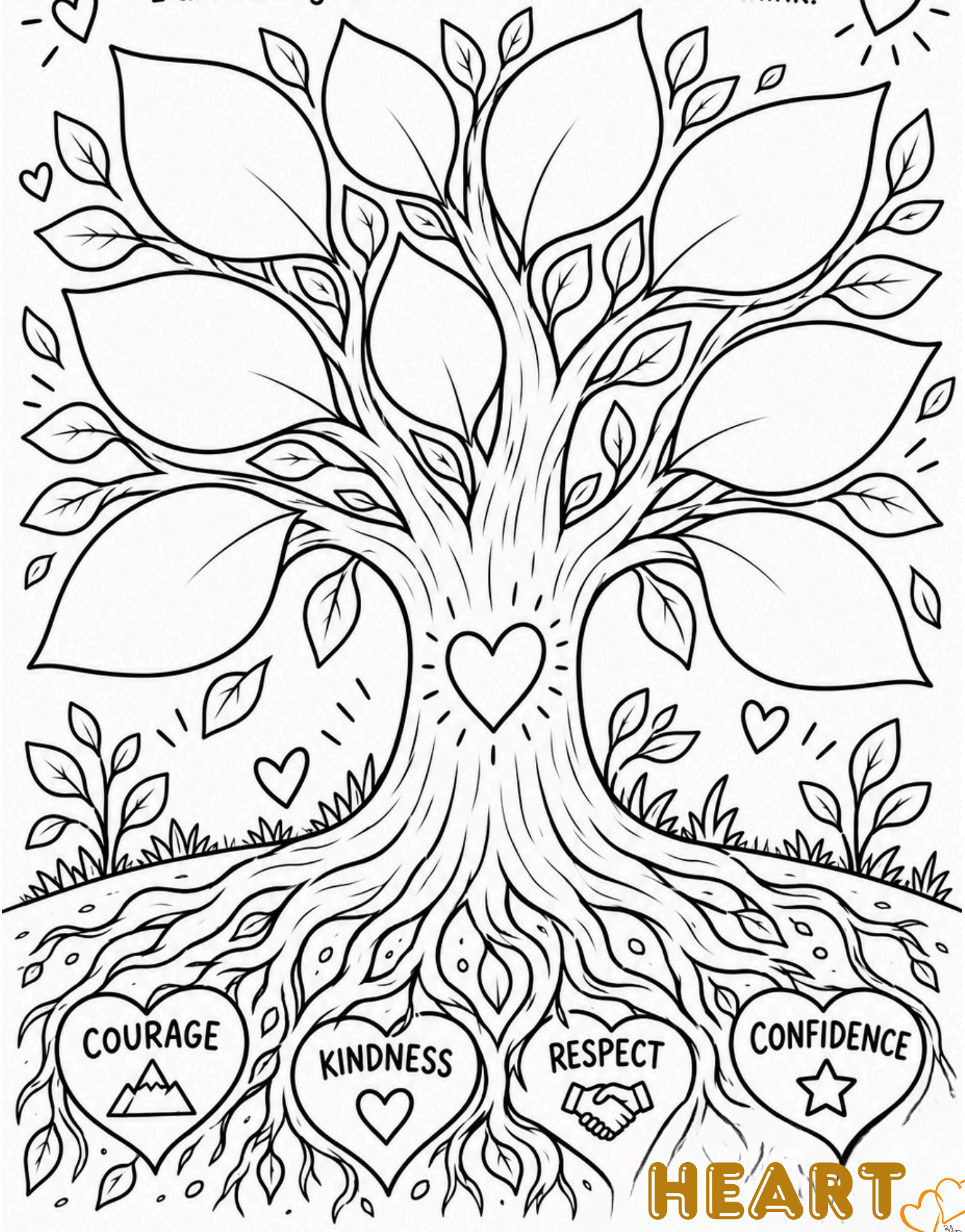
THE EMPOWERMENT TREE

I am growing every day.
I am stronger, braver and kinder than I think.



HEART
Health, Empower And Resilience Through Jiu Jitsu