1. 'Wail' Wall
   What’s one thing that you know you need help with, but would like to do all by yourself?

2. Healthy Heatwave
   How are you taking care of yourself this week?

3. Lend A Hand
   What’s the most generous act you’ve seen recently?

4. Food for Thought
   What’s the most colorful dish you’ve eaten?

$50 Amazon Gift Card
Email us your responses, recipes, and or photos for any of the related categories. Each email qualifies for the prize!
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