

a few notes

Topic: Fun Friday



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Take a deep breath and listen. We want you to take a moment to honor yourself. Show respect to each breath because each breath is a gift. This weekend, take a step back. Breathe. Refresh. Restart. Aretha Franklin said it best in her song "Respect". Give yourself "just a little bit" of respect. Enjoy today's dance tune "Respect" by the late great Aretha Franklin.

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