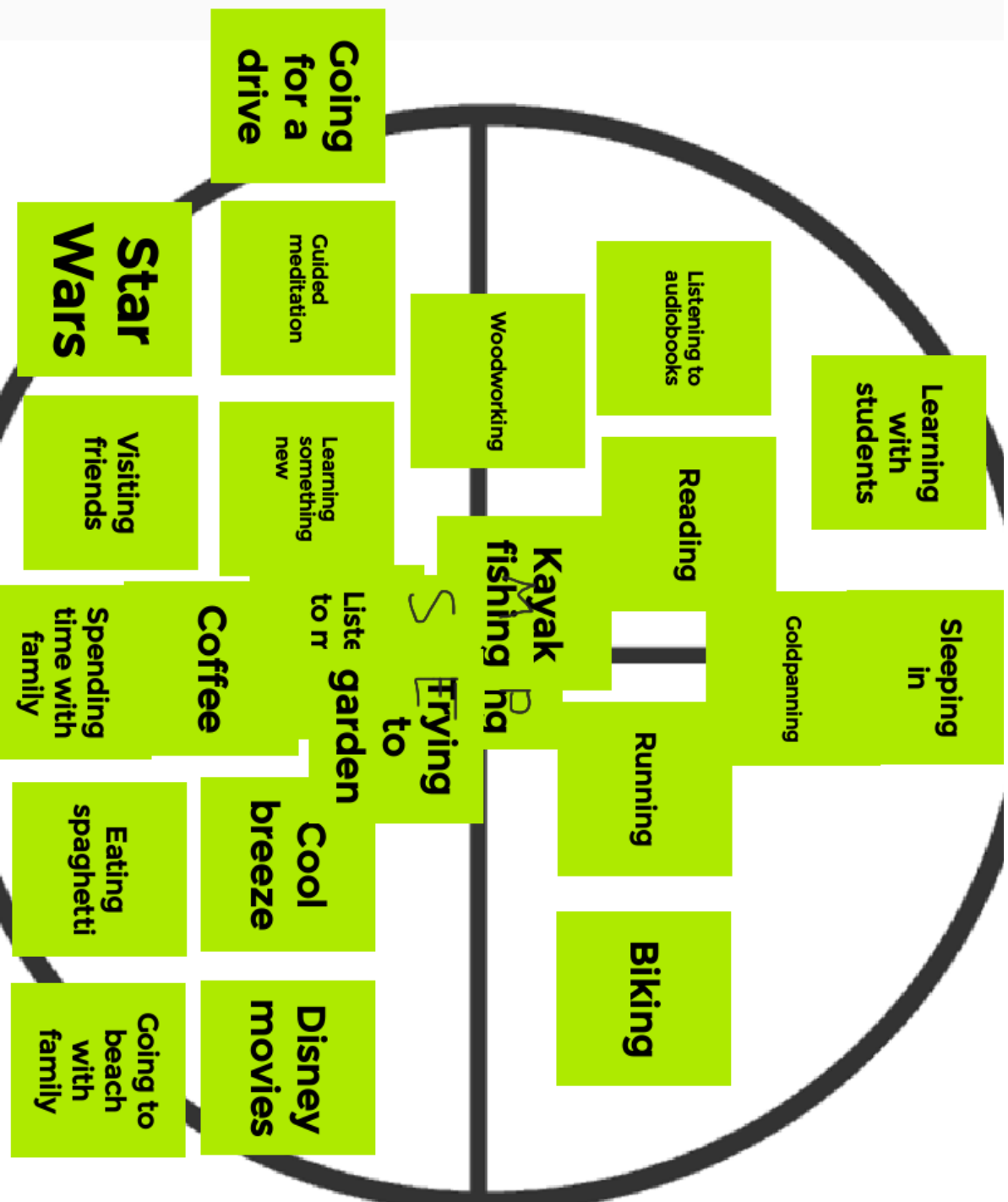
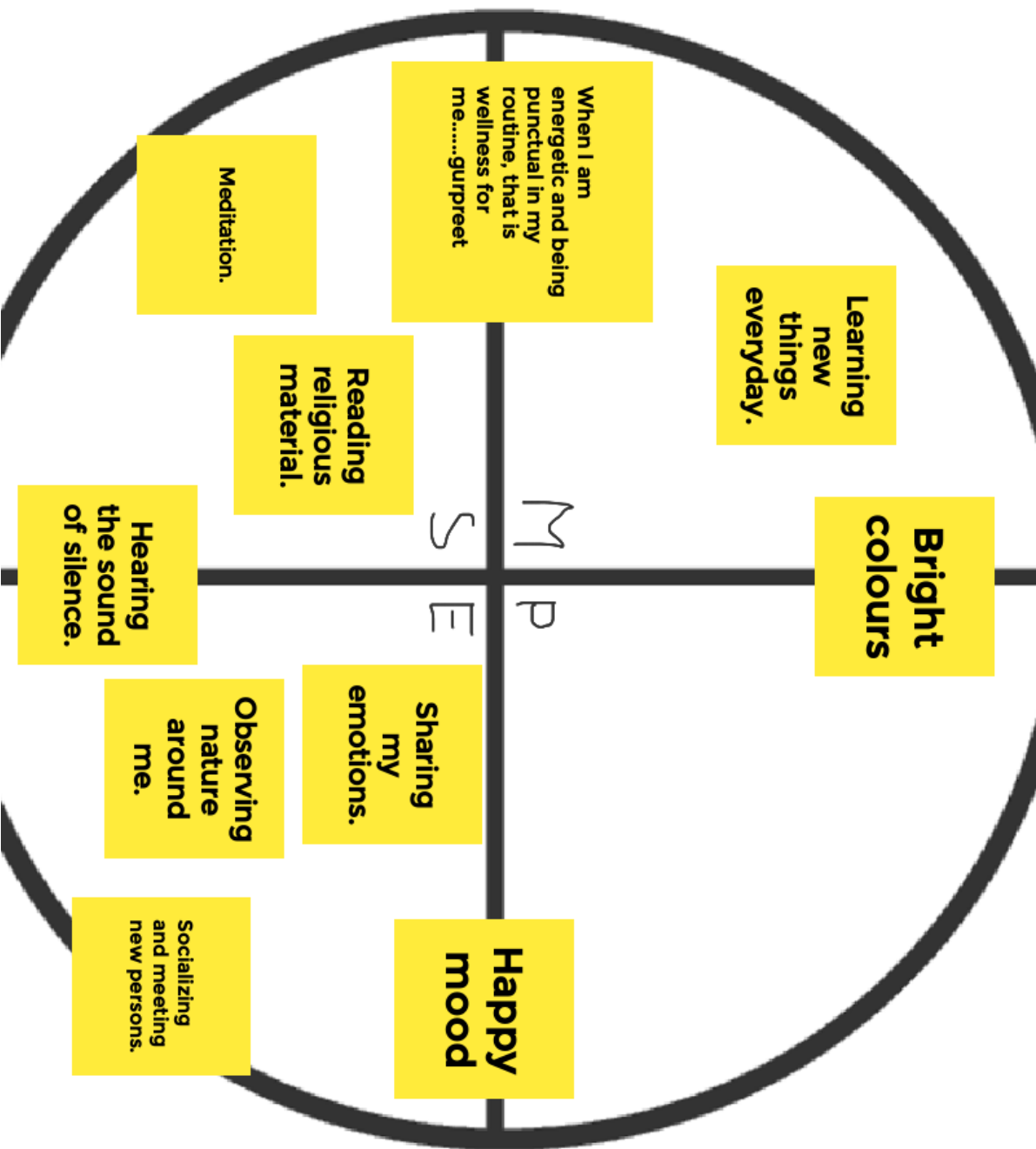


Client: What makes you feel well?

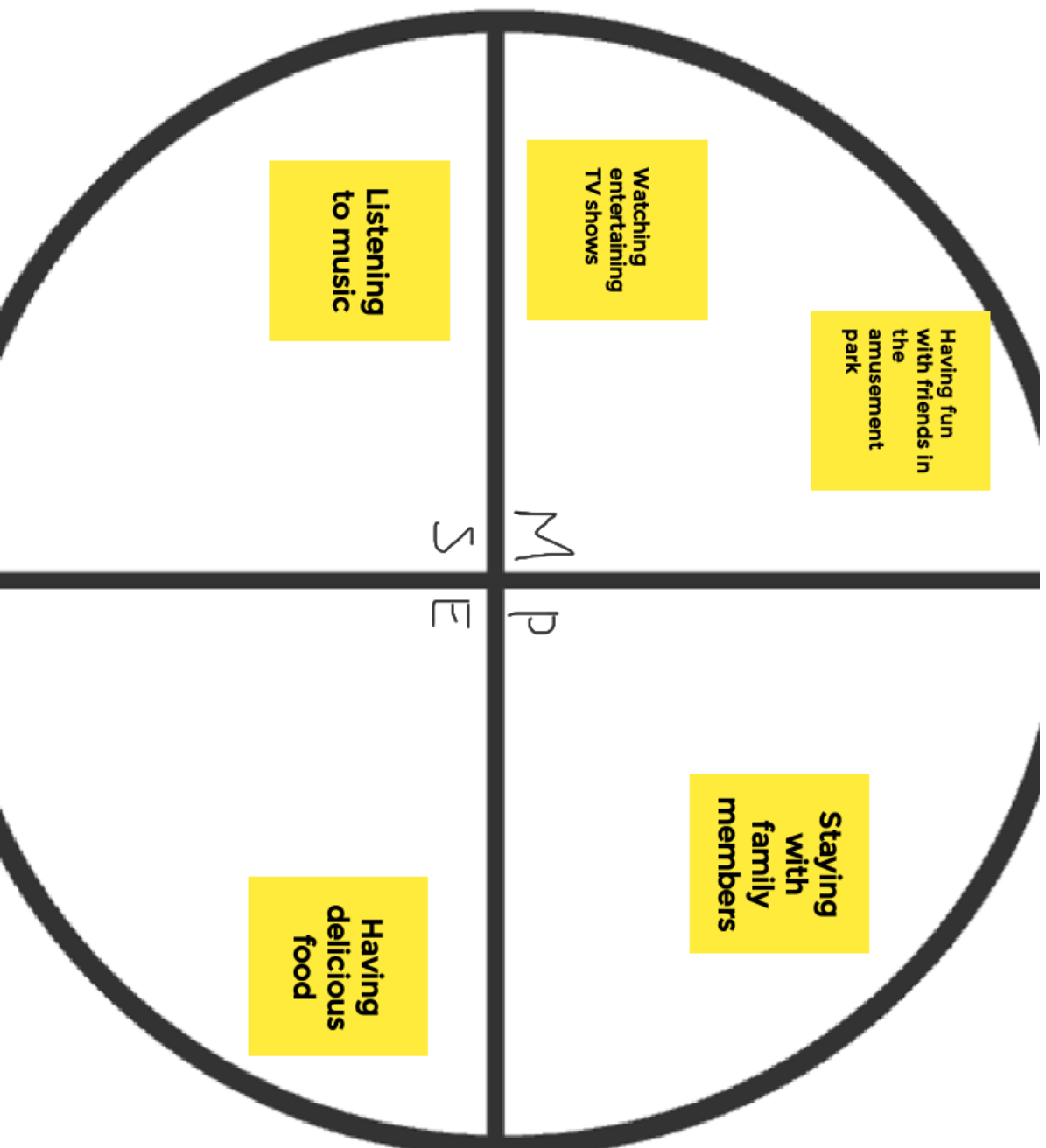


I dislike staying on beach cuz I wanna have a white skin

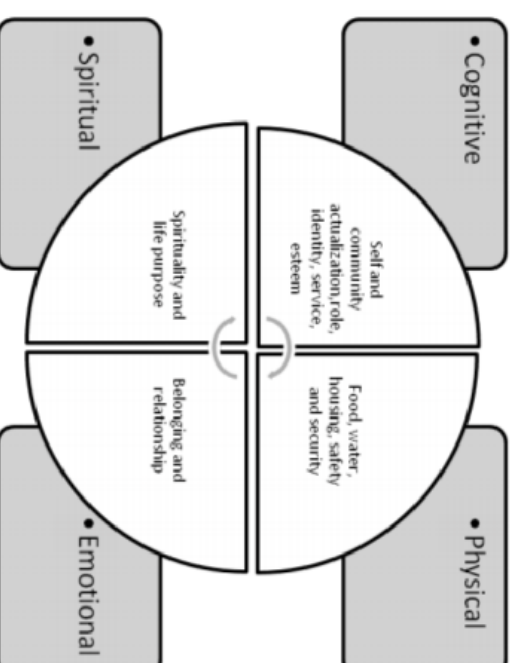
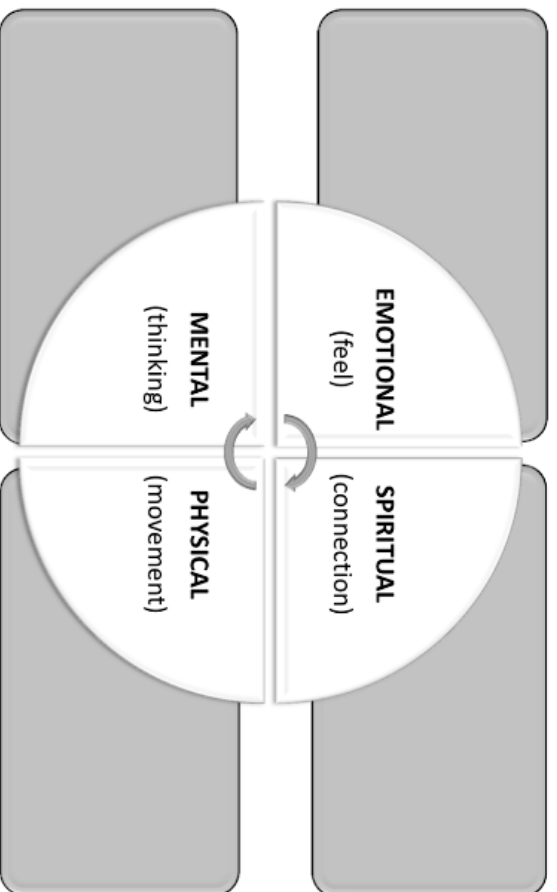
**Curpreet:**  
What makes  
you feel well?



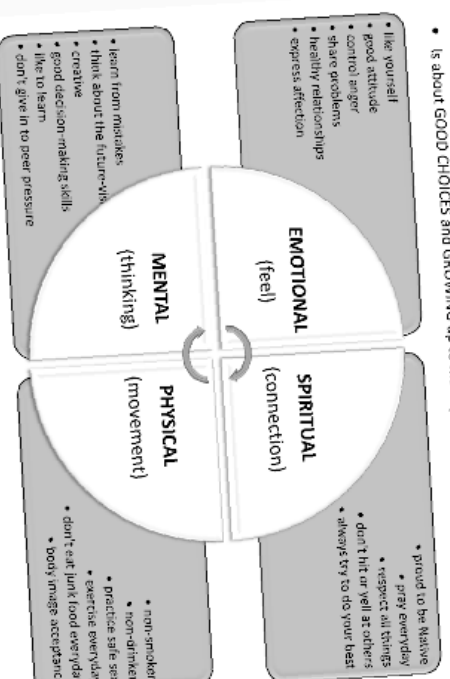
**Melody: What makes you feel well?**



# What are the quadrants of the medicine wheel?



- Is a cultural and traditional model of *lifestyle*
- Is a holistic approach to living one's life in a good way
- Has four "Directions" ...directions are interdependent
- Is about GOOD CHOICES and GROWING up to make your CULTURE PROUD!



WALK in BALANCE