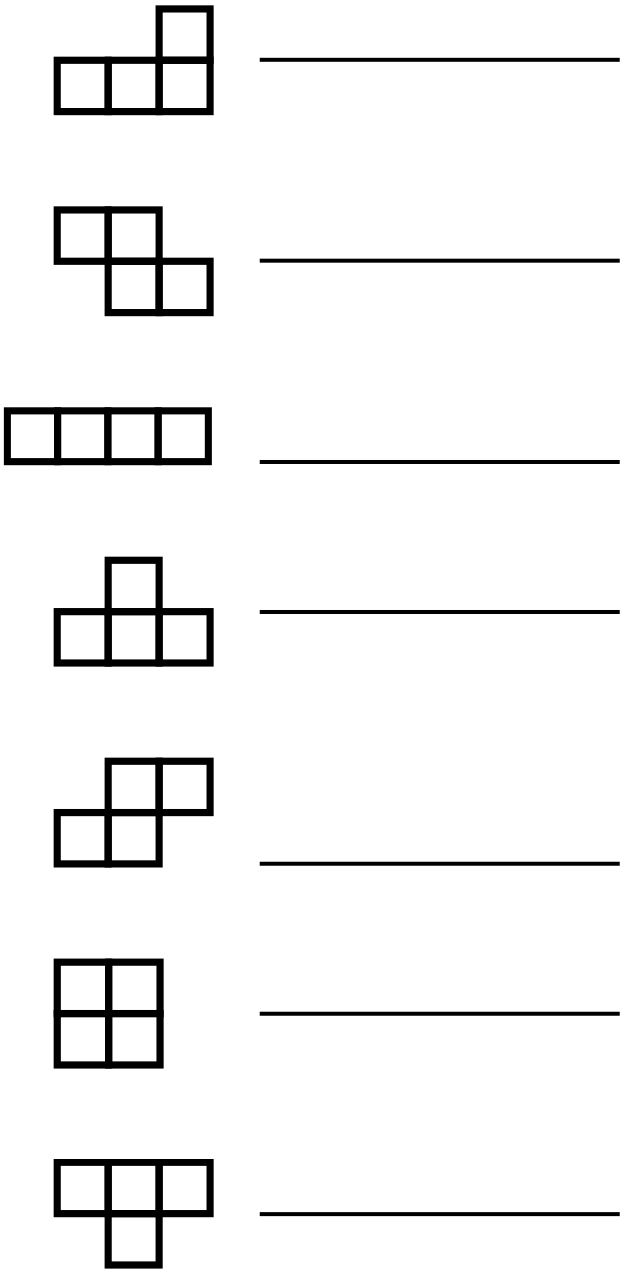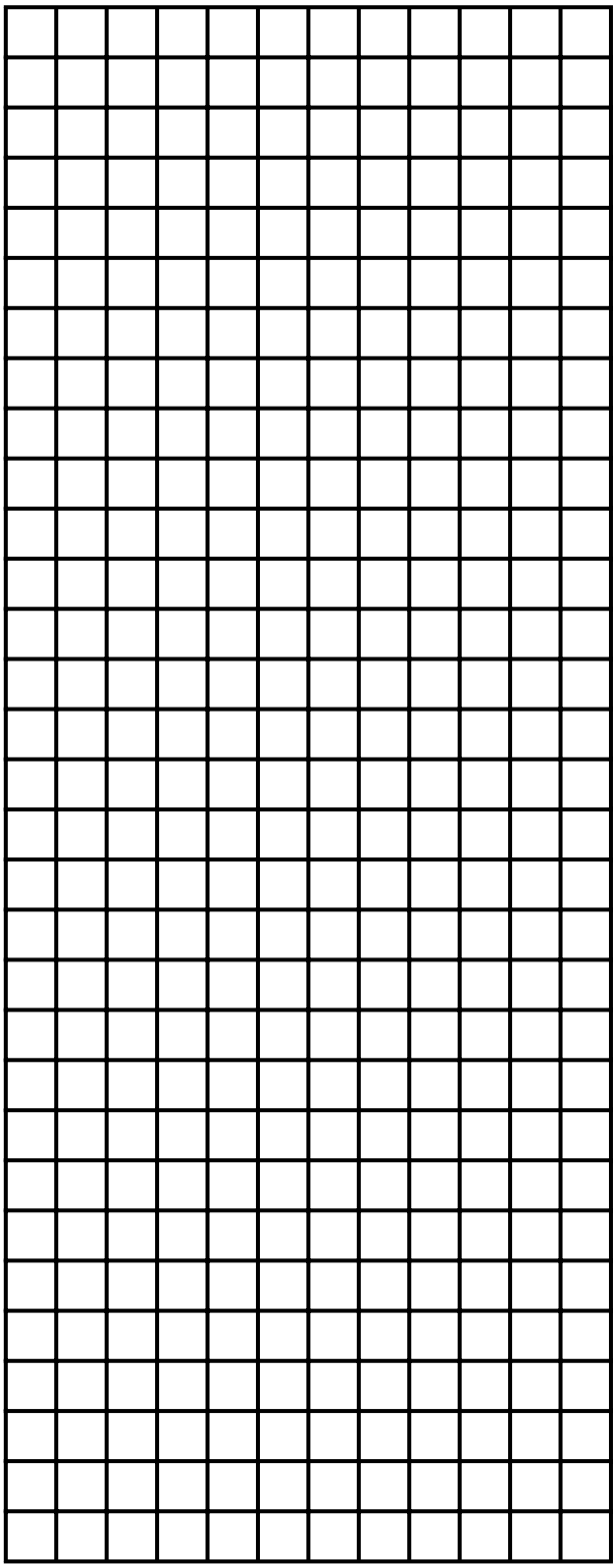SELF-CARE