
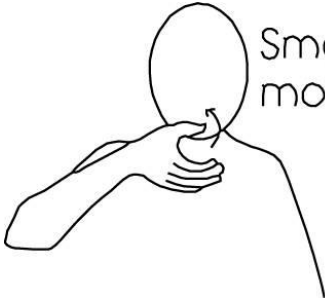
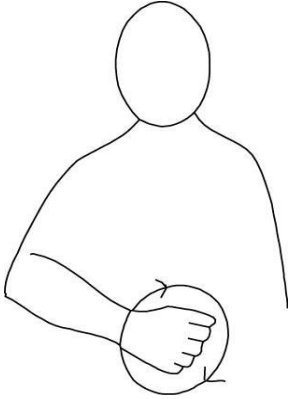
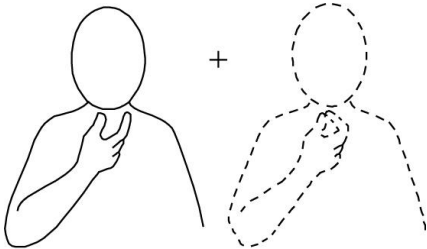

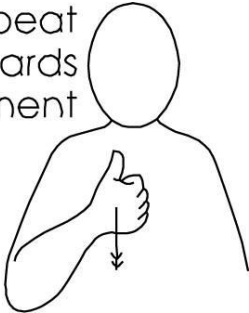


Signs of the Week

 <p>Tap once</p> <p>Food</p>	 <p>Small movement</p> <p>Drink</p>
 <p>Hungry</p>	 <p>+</p> <p>Index finger and thumb pluck upper neck twice</p> <p>Thirsty</p>
 <p>Pat chest gently</p> <p>Like</p>	<p>Repeat downwards movement</p>  <p>Healthy</p>