



Me Time MondaySM Playing Cards

To help you be successful at whatever your “Me Time” plan is, I have created the **Me Time Monday Playing Cards**.

These cards are a fun way to motivate yourself, since there are 52 Mondays in the year and 52 cards in a traditional playing card deck.

Every Monday for the next 52 weeks, I will be “releasing” a new card. We will begin on February 13 with the Heart Card Suit to celebrate National Heart Health Month and as my Valentine to you.

Each suit will relate to the key areas where Caregiving Club focuses its content:

Make it fun	Me Time MondaySM Playing Cards		Get a friend involved
Celebrate your results			Use Mondays to stay on track
			
Heart Cards are Wellness	Club Cards are Health	Diamond Cards are Financial	Spade Cards are Technology

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