

{ RACE towards SELFCARE }

Wezet Botes

Social Worker in Private Practice

083 633 4342 | wezet@livinghopeconsulting.co.za

{ cease work or movement in order to relax, sleep, or recover strength }

{ be placed or supported so as to stay in a specified position }

{ REST }



{ to make active; to excite; cause to function or act }

{ ACTIVATE }



{ keep someone safe and provided for; to treat something carefully that it remains good }

{ CARE }



{ provide someone with amusement or enjoyment, give attention to an idea or feeling }

{ ENTERTAIN }

