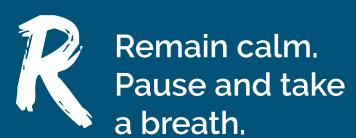


Whatever life throws at you // today, you can choose to RISE ABOVE YORK

Take a breath. Stand tall. Now go conquer!





Identify and make positive choices.



Stay confident in your decision.



Express yourself to someone you trust.

Find support and inspiration at bit.ly/riseaboveyork