# What advice would you give your younger self?

**Asked at Saturday** farmers' market



### **Monthly Support Group**

Monday, November 18 5:30-7:00pm **Northwood Commons Clubhouse** 

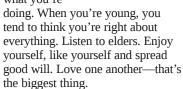
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#### **Betty** Catalanello hat maker

I would tell all young people to think twice about what you're





Take better care of your liver. If you drink less alcohol, vou can avoid a bad hangover and a hurt liver.



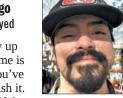
#### Jori Krulder teacher

I would love to tell my younger self to be more confident and to play more. Don't be afraid to explore and take risks.



### **Andres Lugo** unemployed

Don't grow up too fast. Time is short, so you've got to cherish it. It's a beautiful



thing when you're young, so you've got to live it.





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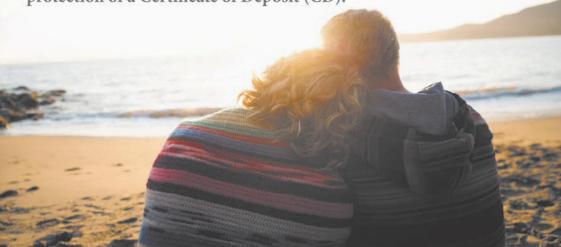
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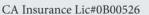
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