



Body Upkeep for Reach UP Women

By Tonya Carrington

- Have you ever struggled with addiction and lost sight of your hygiene?
- Do you know someone who may not know what personal hygiene is?
- Which tip was most helpful to you? Perhaps it was a new idea or thought to add to your routine.

Bonus Question

- Can you think of someone who could use this article? Perhaps a loved one, a teenager or friend who you could help?

Reach UP to God

- God cares deeply for all aspects of your life. Ask Him for help reminding you about keeping your body clean, safe and healthy.
- Pray for a friend or family member who might have come to mind. Pray for a time that you could gently offer some of these suggestions.
- God sees YOU. Try to do the same and SEE others. Offer a compliment to someone, "You look put together today."