



Supporting the **STRONG**

Wear this wristband proudly (as a symbol of your strength), show it to your family. Let them know you are **STRONG** and you work in a health system that values you as a person.

YOU are **STRONG**.
YOU are not alone.
YOU are cared for.
YOU are valued.
YOU are hard working.
YOU are amazing.
YOU are smart.
YOU got this!
YOU are **SUPPORTED**.



Advent Health

Supporting the **S.T.R.O.N.G.**

S = Solver

T = Together

R = Resourceful

O = Overcomer

N = Needed

G = Grateful

- Dr. Ravindran Sabapathy, MAR

Caring for you mind, body and spirit.



Advent Health