



Knowledge is **POWER**



**PRIVATE PRACTICE DIVISION**

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## Hey Karim,

PPDNation - we are coming back at you with July's edition of Freedom Friday! Join me in taking this moment to prioritize mental well-being amidst the hustle and bustle of clinic ownership, personal relationships, and the daily grind. It's easy to lose sight of our own needs amidst the demands of others, but nurturing our mental health is essential for resilience and balance. Let's foster a community that gives us the courage to prioritize our well-being. Here's to a July filled with mindfulness, growth, and the kindness we deserve.

**Karim S. Meghji**  
**PPD Chairperson**

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