

Hayay Valentines Day

Having a friend like you warms my heart!





## Reusable Hot/Cold Pack

growing pains - aches - owies - bumps - bruises

simply place the pack in the microwave\* for a hot pack OR in the freezer for a cold pack

\* microwaves vary. start by heating the pack for 30 seconds and add time if needed. CAUTION: HOT!

