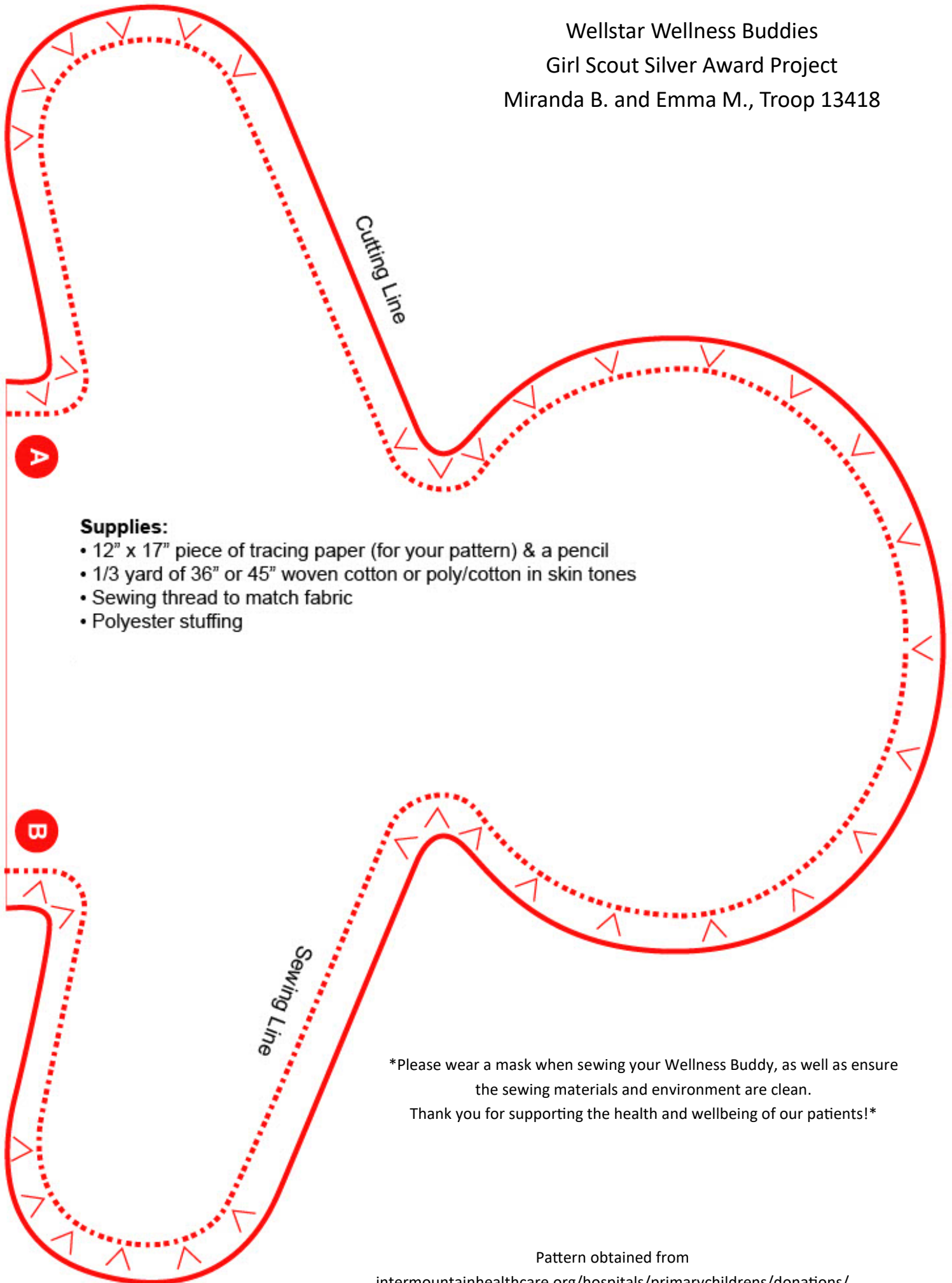


Wellstar Wellness Buddies
Girl Scout Silver Award Project
Miranda B. and Emma M., Troop 13418



Supplies:

- 12" x 17" piece of tracing paper (for your pattern) & a pencil
- 1/3 yard of 36" or 45" woven cotton or poly/cotton in skin tones
- Sewing thread to match fabric
- Polyester stuffing

*Please wear a mask when sewing your Wellness Buddy, as well as ensure the sewing materials and environment are clean.

Thank you for supporting the health and wellbeing of our patients!*

