8-7-2022

"The Topics Health Care"

Come up as a younging MoMs
and PoPs use health care us
by when we get up and the morning
they made sure we had tooth paste
and deodorant and other stuff.
When we play sports we eat
fresh fruit and drink good juice
also we excuse to health care days
we was sick they take us to the
doctor so we can get care for (asmile)
Now I was a wear of heatth Care
as I got old but still did not under-
stand on how and important it was
to or every day life of liveing
the way I cope with it unhealth
care and the number one for me
was alcohol any thing you can think
of from the ceap is to spining money
for it I got it being under the influence
not thinking and bad behavior evening
if I was throw up on my clothes
I did not care that was my "Health Care"

I'm bless I never had a DUI
by the Grace of God
evening when I speed under
the influence Jones all ways been
bless but been honest I run cat
over one time my bad that was
my health care.
Now on the hand me been old
grow come to understand honest
health care can make or break you
one thing when I get up and the
morning I all ways thank God for wake
me up to see a other day of life Know
my heart is still beating with everything
ele's work I pray that my mind stay
work health I also pray for these that
fighting and struggie to stay live good
health care and that's how I share
and give back. I Grateful that I
stop drinking I don't have heap C-or
nothing eles I thank for the fresh
fruit and good cold water is health
for the body and plus give you energy

I have to Keep my ears clean so I'm able to list to was been said and learn health care also I Keep my self humble and stay and God word the light, love, care, help, open, understand health care when I work out to stay strong and mobile. Evening if is cold today I Know how to put on a jack-et so I can stay warm health care we All need to take care or Health and very important to have empty a positive support team and people that care physical and mental

Raynon Jones