

Real Talk. Real Resources. Just for You.

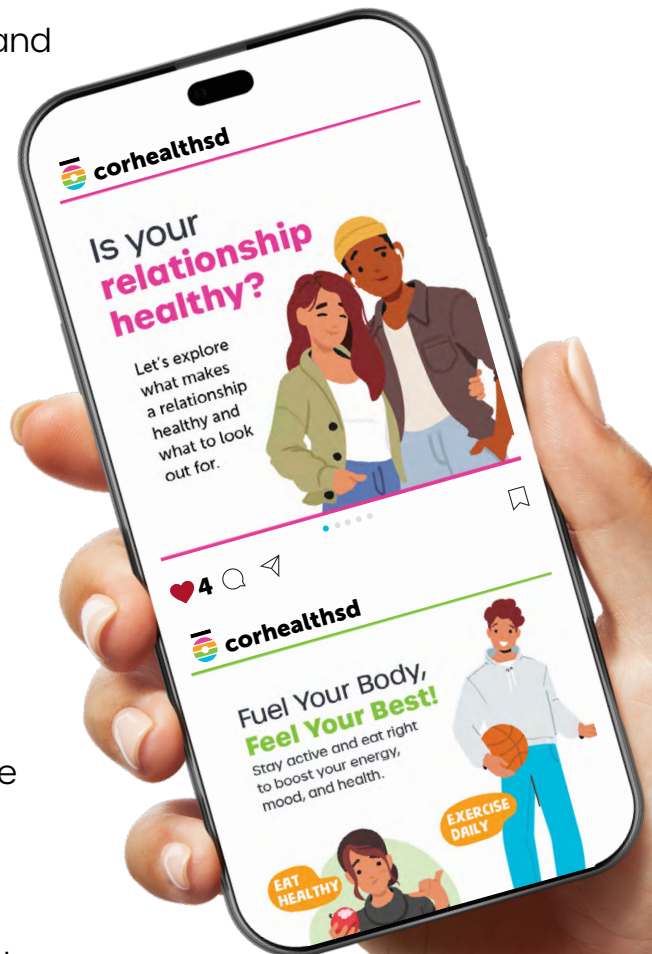
Looking for **real answers** to your teen health and wellness questions? **Cōr Health + Wellbeing** is here to help! Whether you're a teen, young adult, or parent, we provide **judgment-free, evidence-based resources** to support your and your loved ones mental, physical, and emotional well-being.

Find resources on topics like:

- ✓ **Mental Health** – Stress, depression, and coping skills
- ✓ **Healthy Relationships** – Boundaries, respect, and communication
- ✓ **Physical Health** – Sexual and reproductive health, nutrition, and overall well-being

We know **some topics feel awkward** to talk about—but they shouldn't be! Our goal is to help you **start conversations, find reliable information, and make informed choices** about your health.

Get expert-backed advice in a way that makes sense—no judgment, just facts.



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