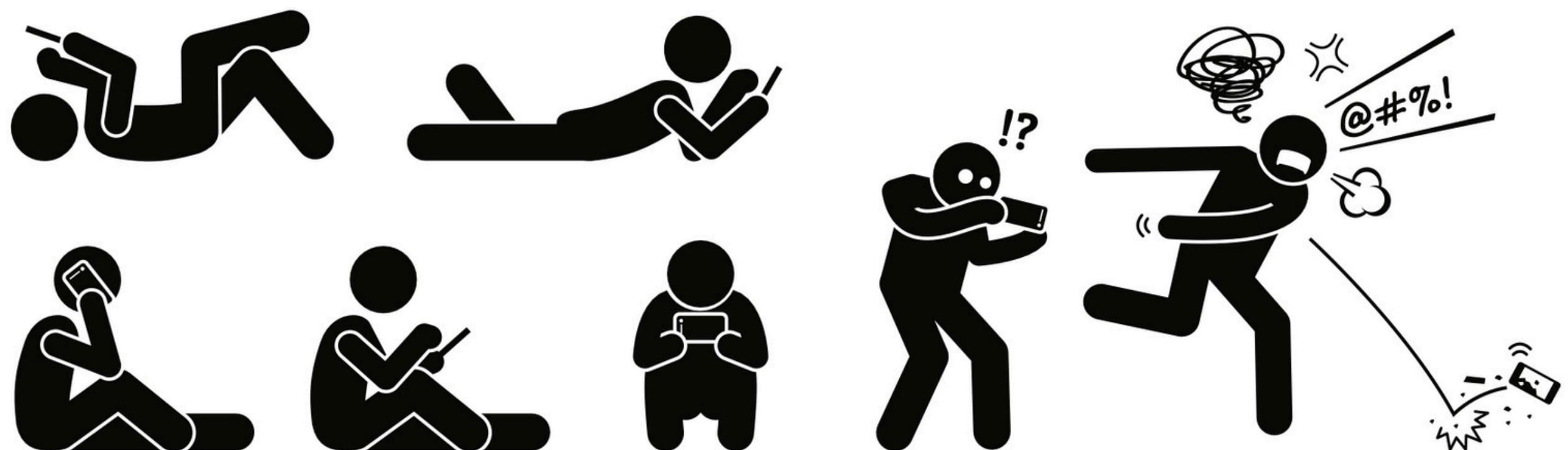


Are you managing your social media, or is it managing you?



This February, why not take time off from social media and reclaim the time and attention it quietly steals from you and the ones you love.



Learn more at offm.org/en/off-february