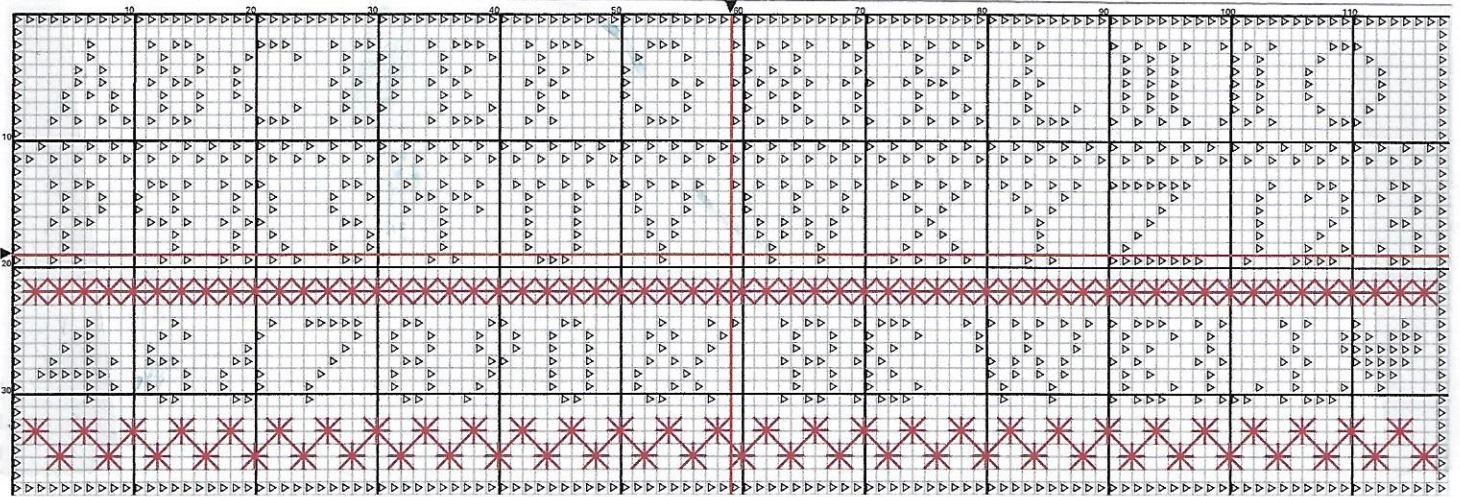


# Be Well

A complimentary #bewellandstitch chart.



**Design Size 118 wide by 38 high**

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**Choose your own fabric and pick your favorite red thread to stitch this little red work piece. You can do either Smyrna Crosses or Eyelet Stitches at the symbols.**



## From the Heart

~ NeedleArt by Wendy

**Designed and stitched by: Wendy Peatross.**

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