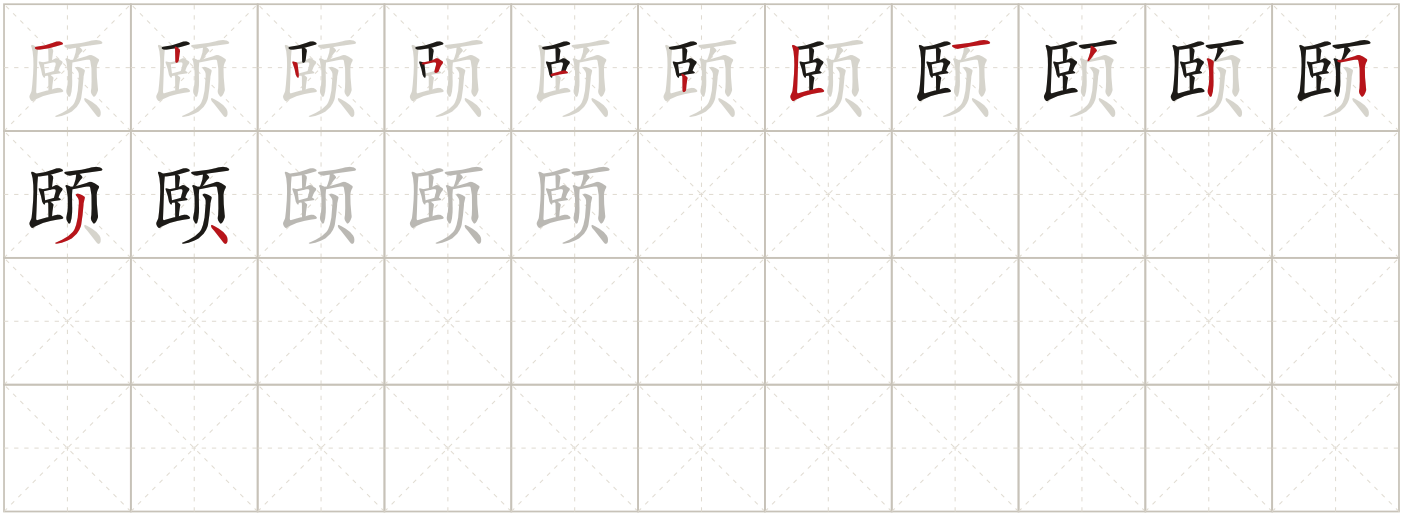
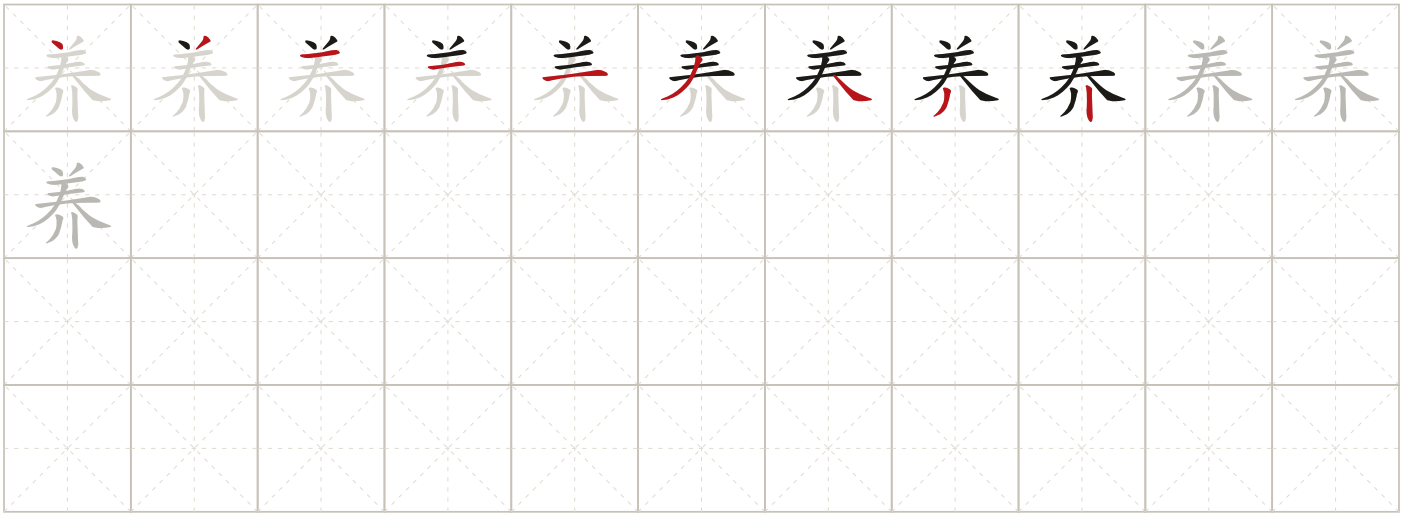
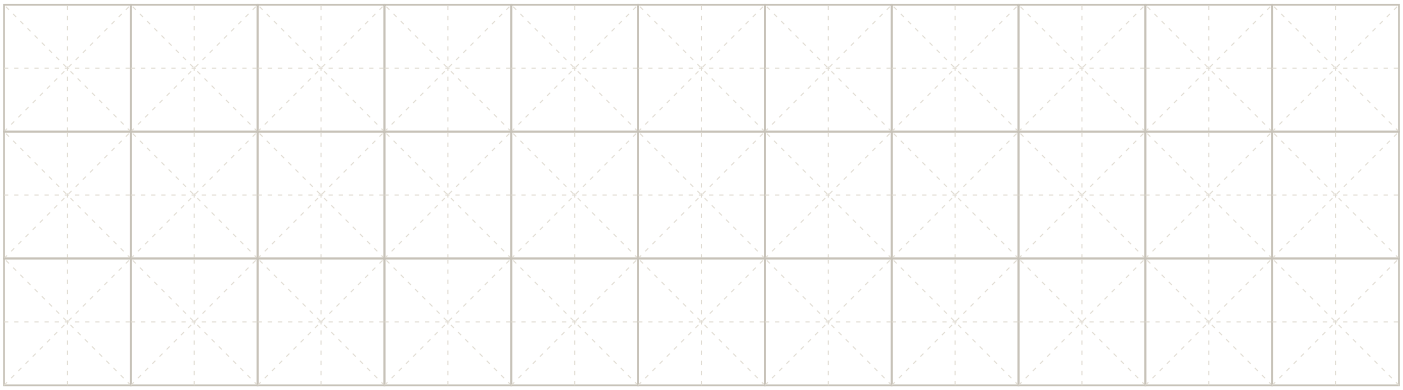
yí yǎng

颐养

verb · to nourish; to take care of one's health

Trace each character, then write the word on your own.