



**TAKE TWO HEALTH**

**SAFE  
ZONE**

## **Where Your Doctor Works for YOU!**

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### **Dr Leto's statement on the mass shooting at our Table Mesa King Soopers (22 Mar 2021):**

We've just been through a brutal tragedy here in Boulder, like nothing this town has seen before.

If you have someone you hold dear, or have witnessed horrors you can't unsee, my heart is with you.

No words can ease your pain right now, and nothing can justify this act of terrorism.

The path toward healing is long and winding, but it is lined with friends and allies every step of the way. Let us be there, with you and for you.

If you are in the "safe, not directly personally affected, but shaken up" category ~ remember this feeling. Remember all of these feelings.

There is no proper way to feel when senseless horror strikes, and whatever reaction comes up for you is a valid piece of your story. Be gentle with yourself if you're a little raw with shock.

And then, when you're ready to take a deep breath and step back, know that for many communities in our nation and around the world, this is the reality that forms the everyday backdrop of human lives. Know that war and violence are not only horrible in the theoretical abstract - up close and personal, they are devastating and twisted and arbitrary and unforgivingly mundane.

Our arts and our ancestors can teach us much at times like this. Hold on to love. Hold on to humanity. Let go of shame and all the burdens that just don't really matter.

Be kind to one another.

Be patient with the stranger.

Sing for our dead.

Dance with our living.

Love out loud