Wellness Tips

Cut on solid lines - Fold on dashed lines









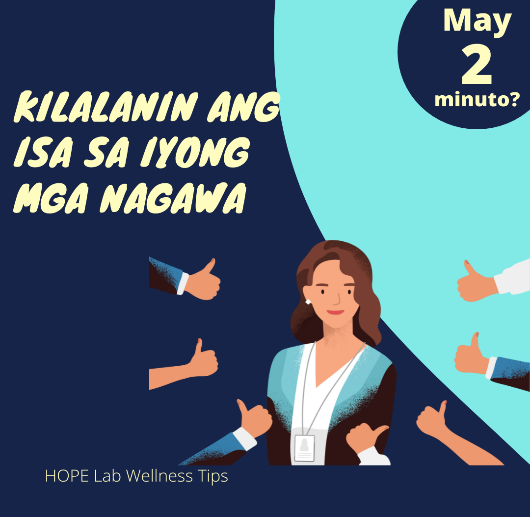
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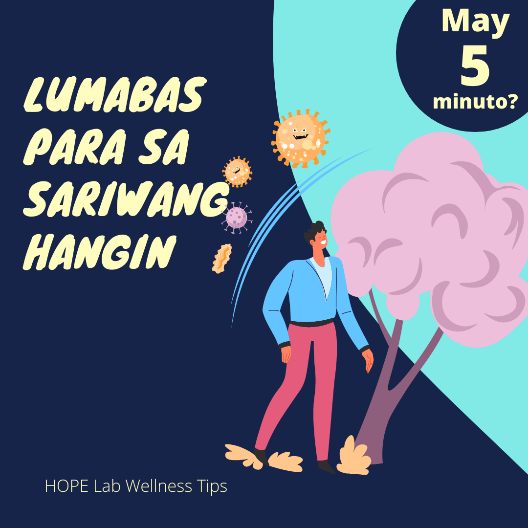




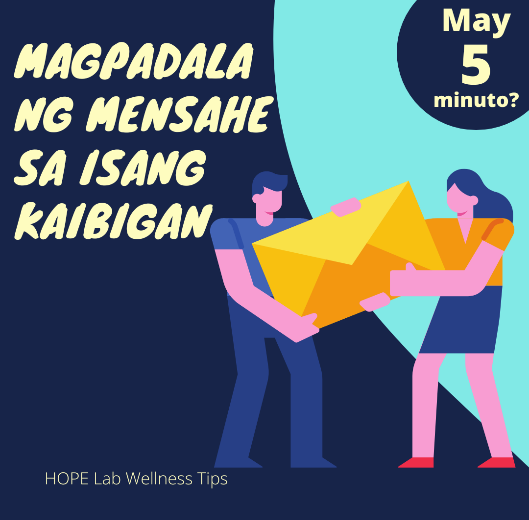
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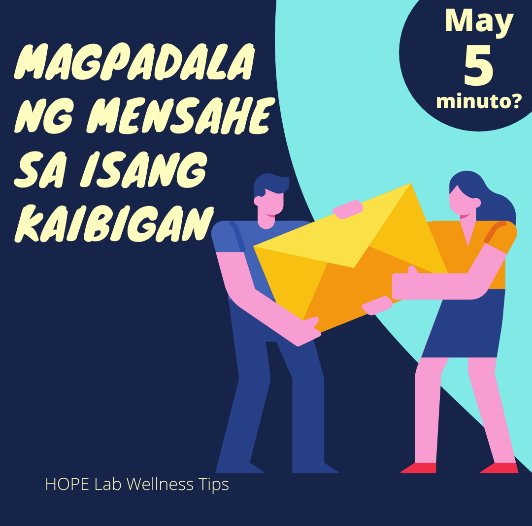
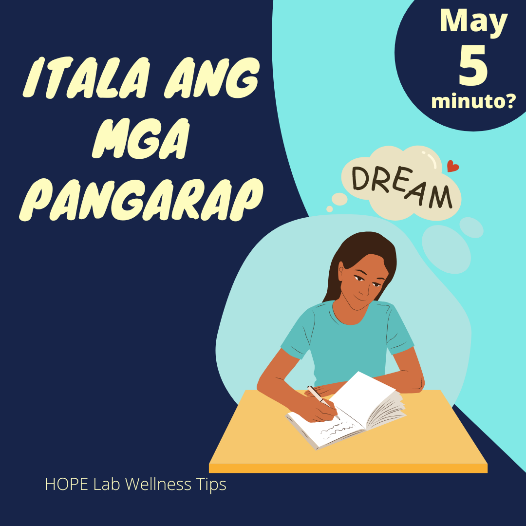




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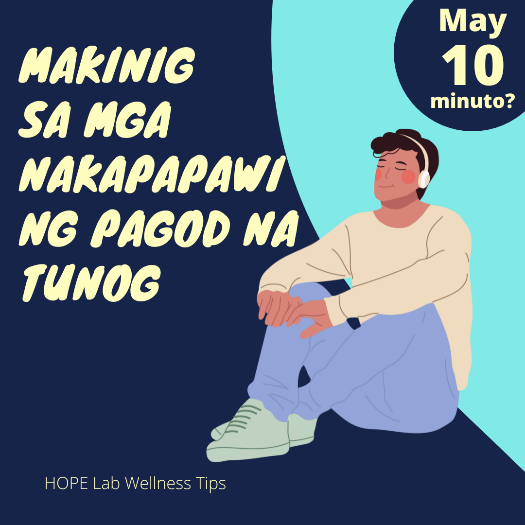






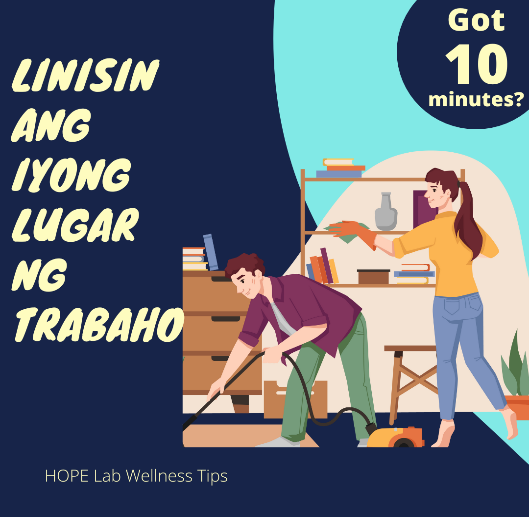
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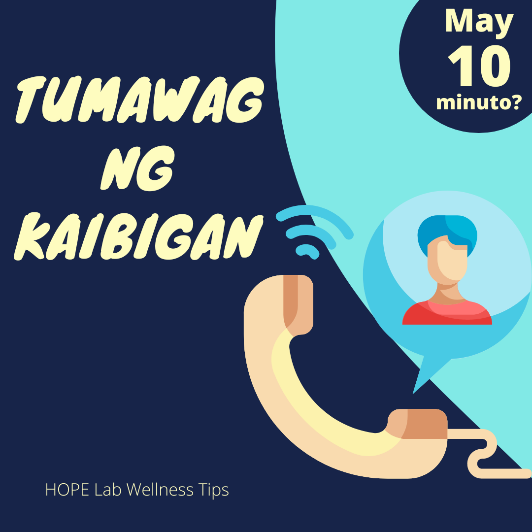


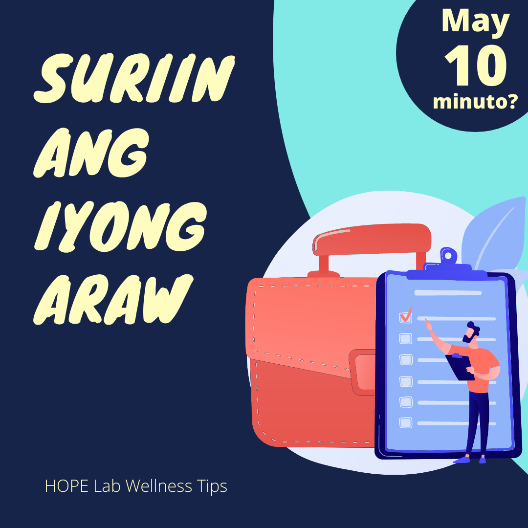
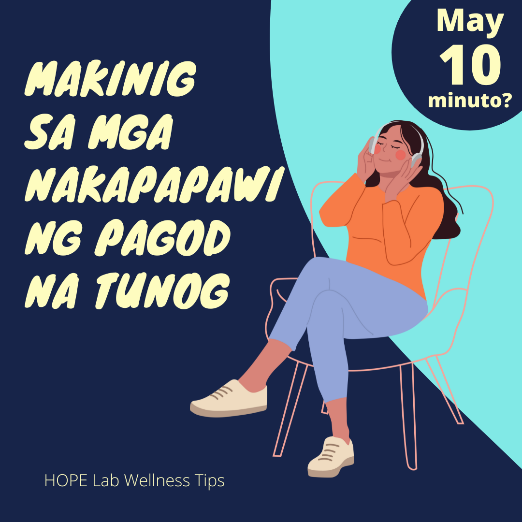


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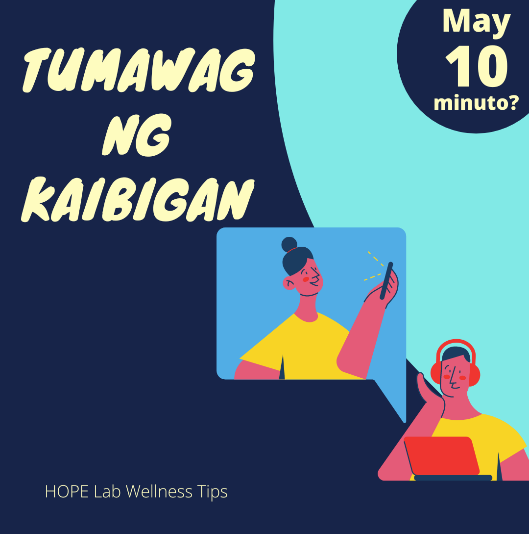


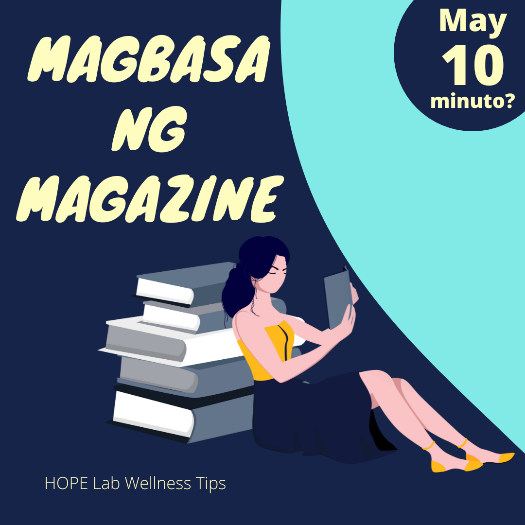


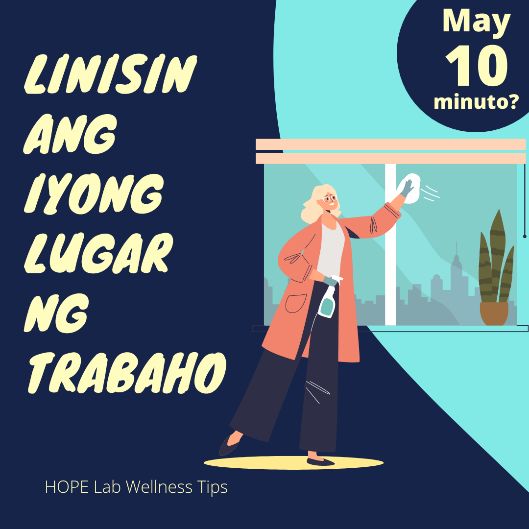


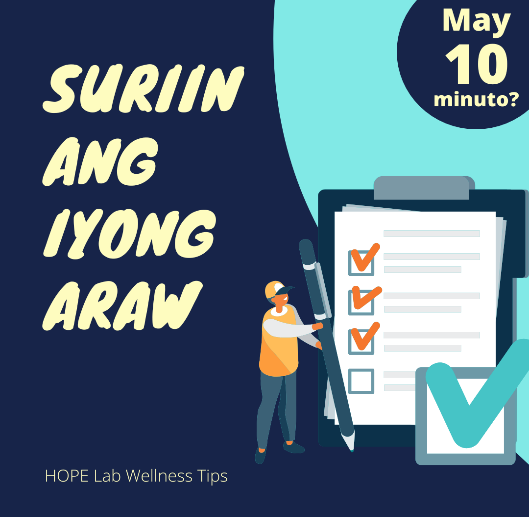
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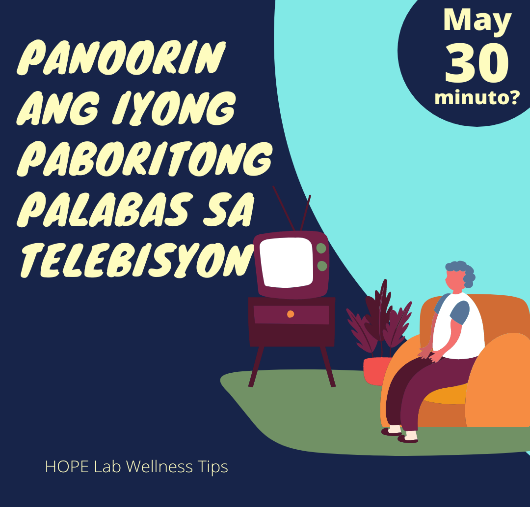


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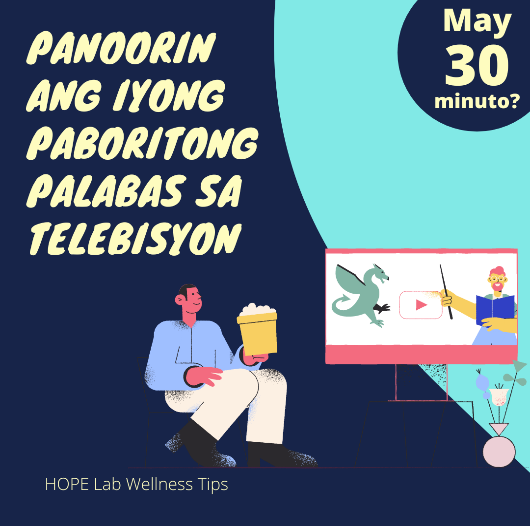




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