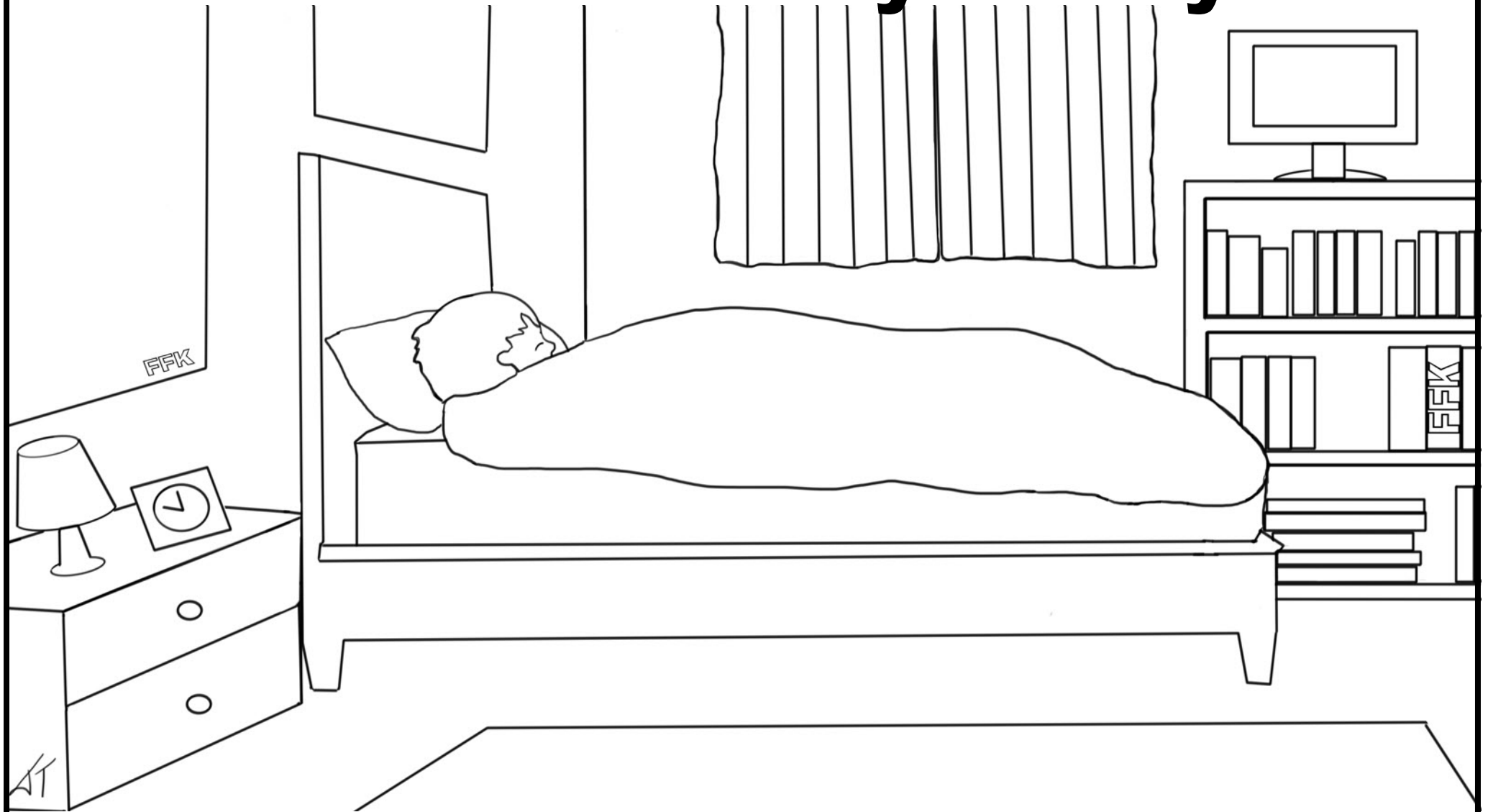


Choose A Healthy Lifestyle



Get enough good quality sleep every night.