



A HEALTHY LIFESTYLE.

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HEALTHCARE FOUNDATION promiting backly propagation

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A newsletter dedicated to strengthening positive attitude, action, and knowledge al health awareness



The Power of Pets

- CONTRACT ON PARTY.



The Power of Pets CONTINUES FROM PAGE 1

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AQUATIC HEALING



Swimming Tip:

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"Water therapy is amazing in the aspect that it provides relief from pain without medication*

GOOD EATS

Scientific researchers are discovering new reasons to eat "An Apple a Day." Phytochemicals found in apples may fight some types of cancers, help reduce cholesterol damage and promote healthy lungs.







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Did You Know? Examples destructions of Man



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