

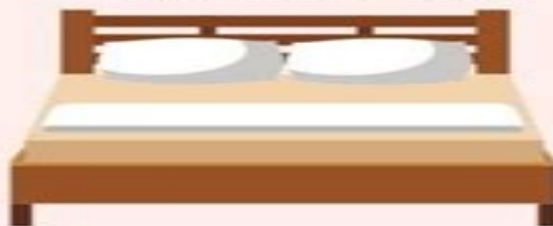
WELLNESS TIPS

self-care at home

SLEEP
7-8 HOURS



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YOUR VITAMINS



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EXERCISE



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HOUSEPLANT



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GET SOME VITAMIN D



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Self Help Tricks

Jean Marie Stine



Self Help Tricks:

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