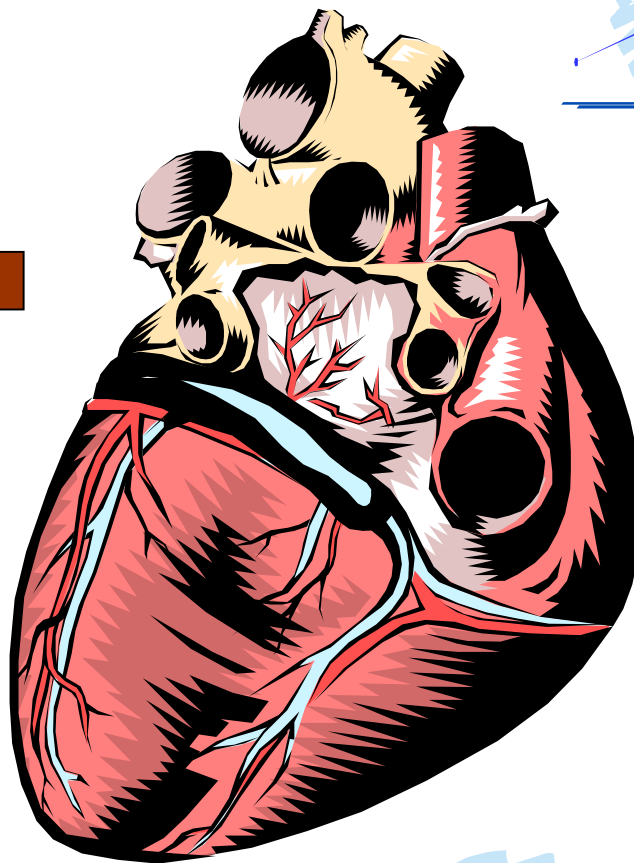


HAVE A HEART...



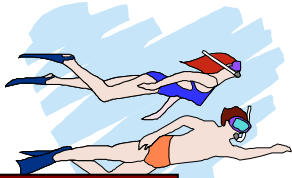
EXERCISE



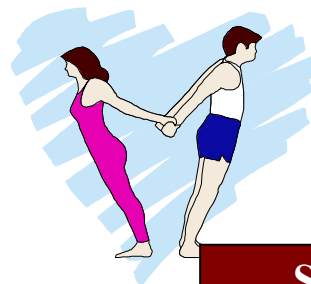
ALCOHOL in MODERATION



GOOD NUTRITION

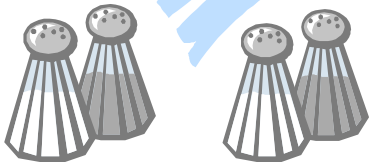


NO SMOKING



STRESS MANAGMENT

REDUCE SODIUM INTAKE



... that will last you a
LIFETIME!