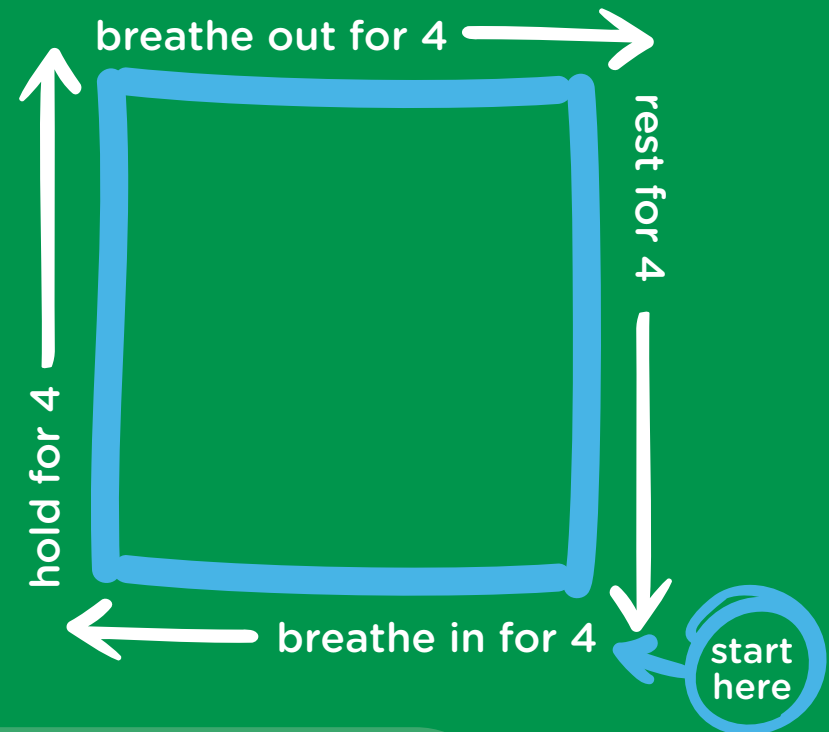
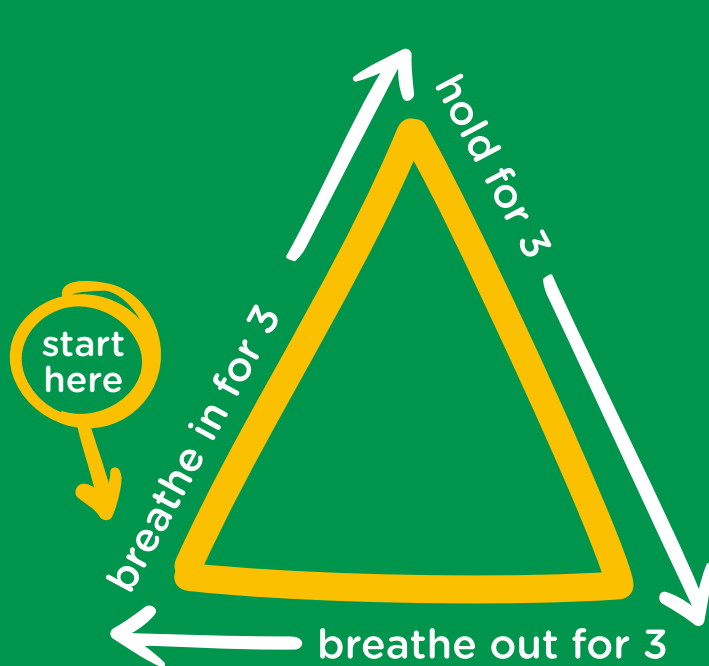


**STRONG<sup>4</sup>LIFE™**



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# Triangle & Square Breathing



Scan or click on the QR code to download our deep breathing tip sheet.

belly  
balloons



up &  
down



**STRONG<sup>4</sup>LIFE**<sup>SM</sup>



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flower



& candle



feather



or pinwheel

