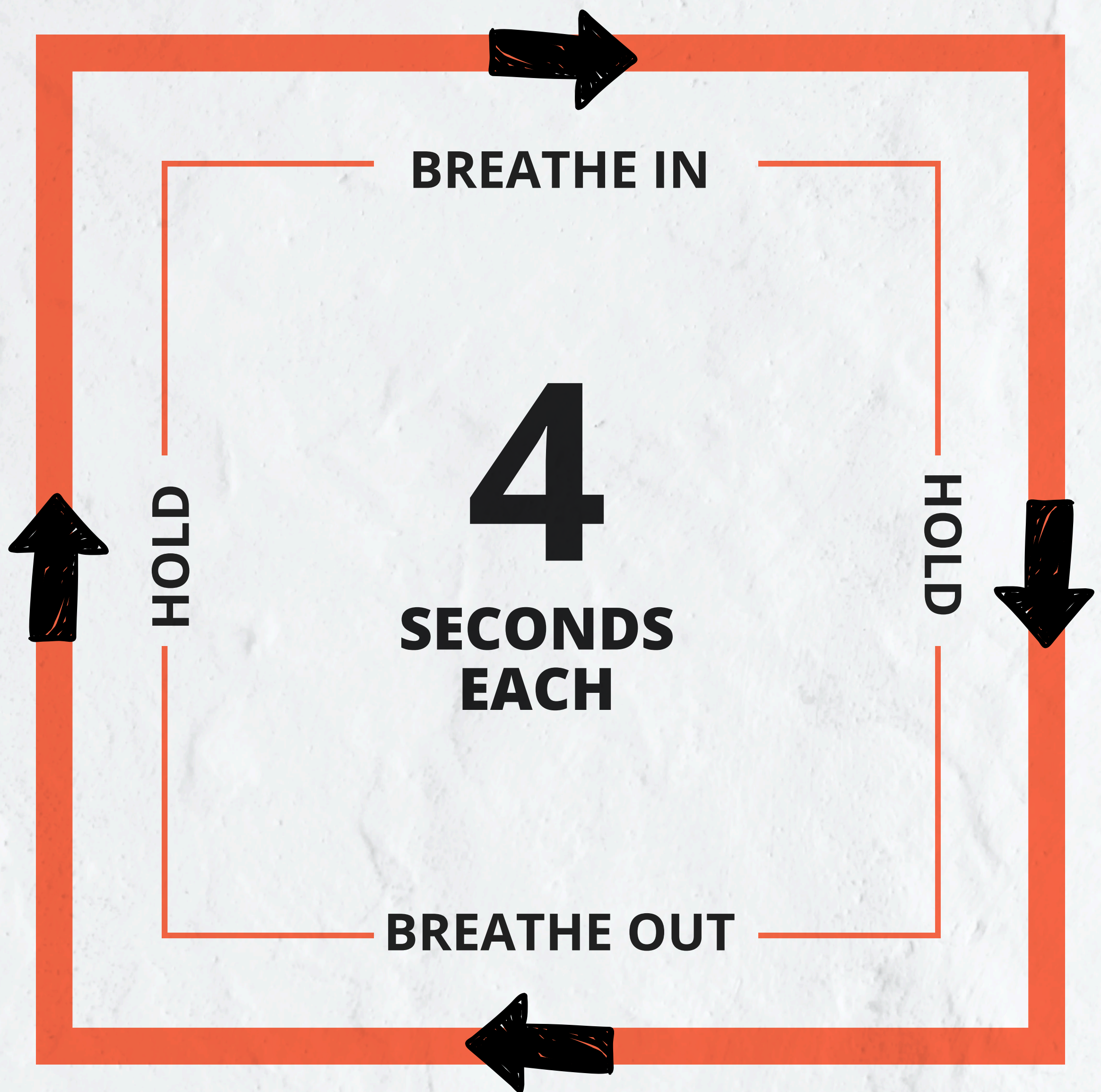


PHYSICAL FITNESS MONTH



BOX BREATHING

Great for Mental Wellness too!