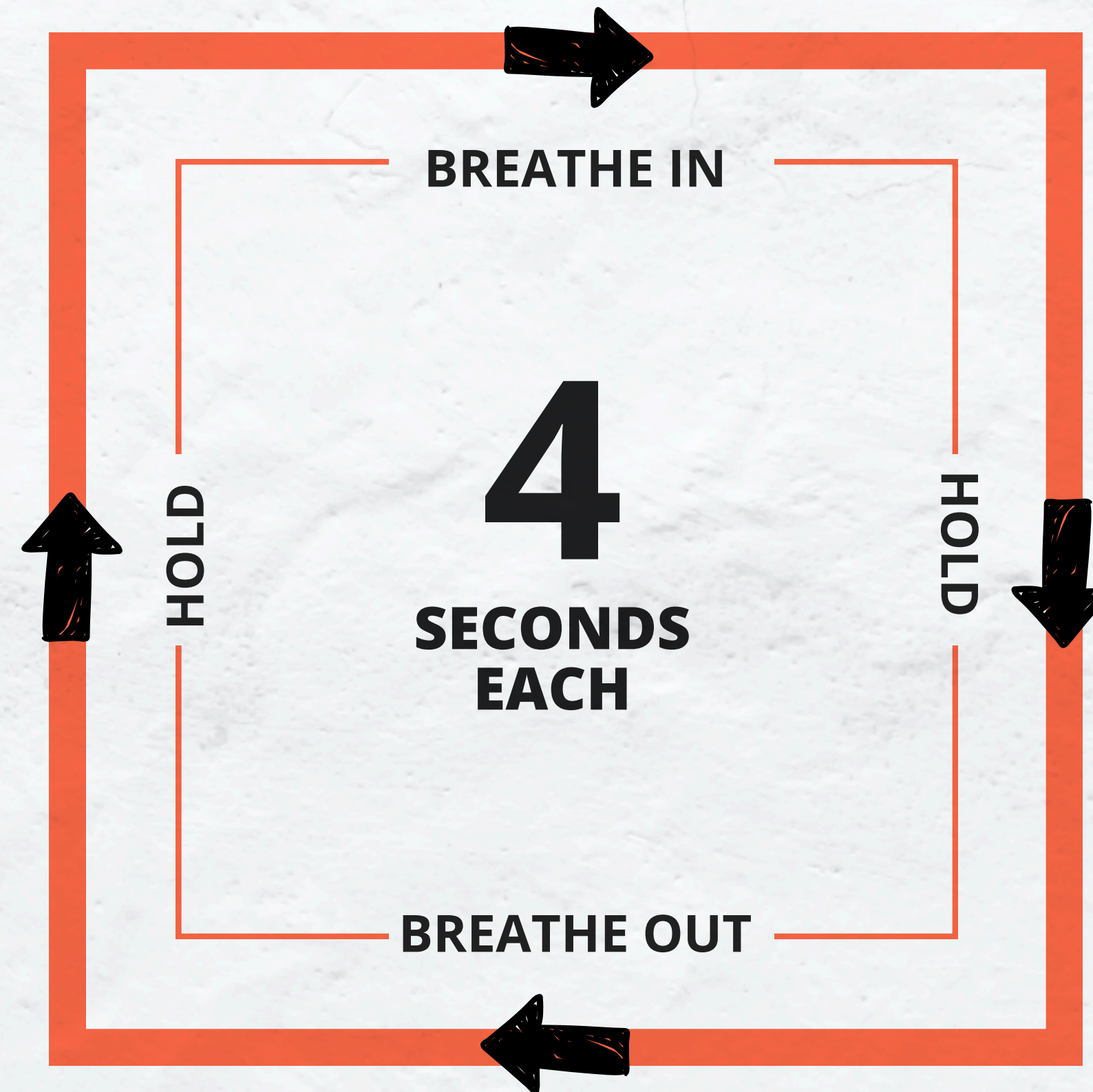


PHYSICAL FITNESS MONTH

BOX BREATHING



Great for Mental
Wellness too!