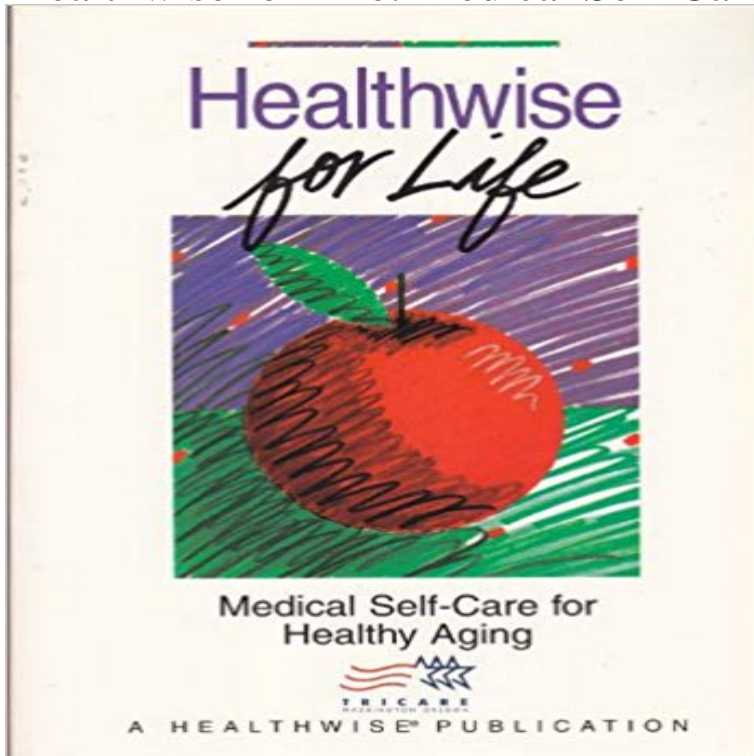


## Healthwise for Life: Medical Self-Care for Healthy Aging



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