

H	E	A	R	T
Walmart or Target	Alcohol free	Diet	Regular check ups	Fruits & Veggies
CVS or Walgreens	Stree Free	Mental Health	American Red Cross	Proper night's Rest
Spiritual Care	Water	JESUS IS LOVE-"ETS"	Avoid drugs	Exercise
Eye Care	Self care	Fish	Enlightened Health	Lift properly (use legs)
Educate Your Plate	Blood Pressure Checks	Peace	Yoga or Dance	Dental Care

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Water	American Red Cross	Regular check ups	CVS or Walgreens	Mental Health
Diet	Yoga or Dance	Fruits & Veggies	Blood Pressure Checks	Proper night's Rest
Eye Care	Avoid drugs	JESUS IS LOVE-"ETS"	Exercise	Alcohol free
Enlightened Health	Peace	Walmart or Target	Dental Care	Self care
Fish	Lift properly (use legs)	Spiritual Care	Stree Free	Educate Your Plate

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Spiritual Care	Dental Care	JESUS IS LOVE-"ETS"	Self care	Enlightened Health
Water	Proper night's Rest	Regular check ups	Yoga or Dance	Diet
Exercise	Alcohol free	Mental Health	CVS or Walgreens	Educate Your Plate