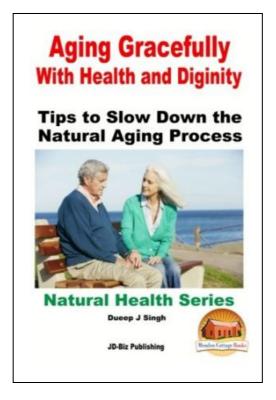
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AGING GRACEFULLY WITH HEALTH AND DIGNITY: TIPS TO SLOW DOWN THE NATURAL AGING PROCESS



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