

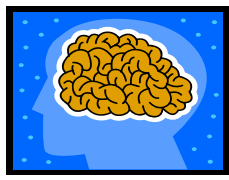





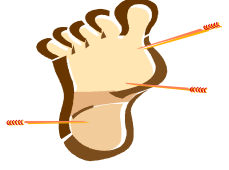


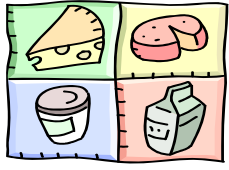



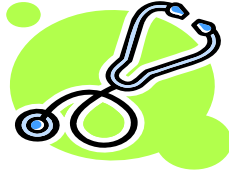


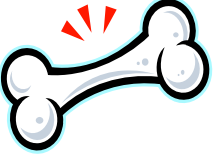






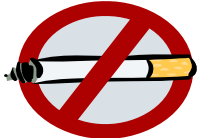






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|--|--|---|---|--|
|  <p>Take Medications</p> |  <p>Try a Healthy Recipe</p> |  <p>Know the signs of a stroke</p> | <p>Blood Pressure</p>  <p>Below 130/80</p> | <p>Control Portions</p>  |
|  <p>Eat a Variety of Foods</p> | <p>Be Positive</p>  | <p>Reduce Salt</p>  |  <p>Get Teeth Checked</p> | <p>Check Feet</p>  |
| <p>Eat Whole Grains</p>  |  <p>Get Eyes Checked</p> | <p>Eat Calcium Rich Foods</p>  | <p>Use Non-Slip Rugs</p>  | <p>Chair Exercises</p>  |
| <p>Reduce Fat</p>  |  <p>Check Food Labels</p> |  <p>Get Regular Checkups</p> | <p>Take a Supplement w/ Vitamin D</p>  | <p>A1c</p>  <p>Less than 7%</p> |
|  <p>Check Bones</p> |  <p>Go for a Walk</p> | <p>Eat Foods rich in Vitamin D</p>  |  <p>Good Lighting</p> | <p>Be Active</p>  <p>30 Minutes Daily</p> |

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|---|---|---|---|---|
| <p>Test Blood Sugar</p>  | <p>Cholesterol</p>  <p>LDL Less than 100 mg/dL</p> |  <p>Don't Smoke</p> | <p>Know the signs of a heart attack</p>  |  <p>Gardening</p> |
| <p>Take a Calcium Supplement</p>  | <p>Eat Fruits & Vegetables</p>  <p>7 to 10 daily</p> | | | |