9 – 5 – 2 – 1 – 0 for Health!
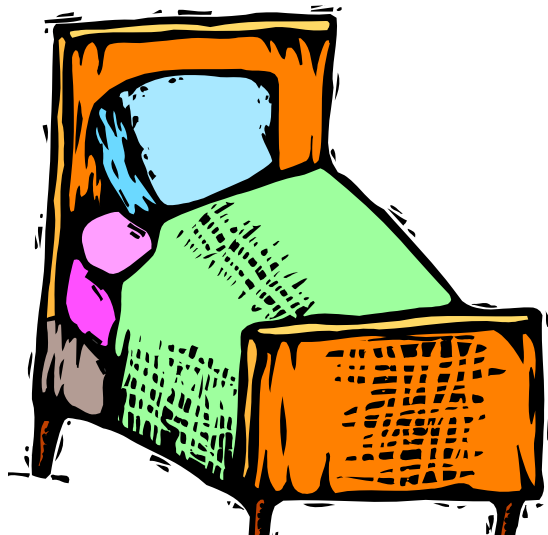
9

get 9 hours of sleep each night

www.ehhd.org/95210