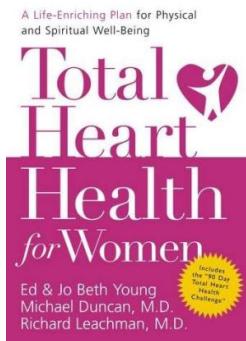


## Total Heart Health for Women: A Life-Enriching Plan for Physical Spiritual Well-Being



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