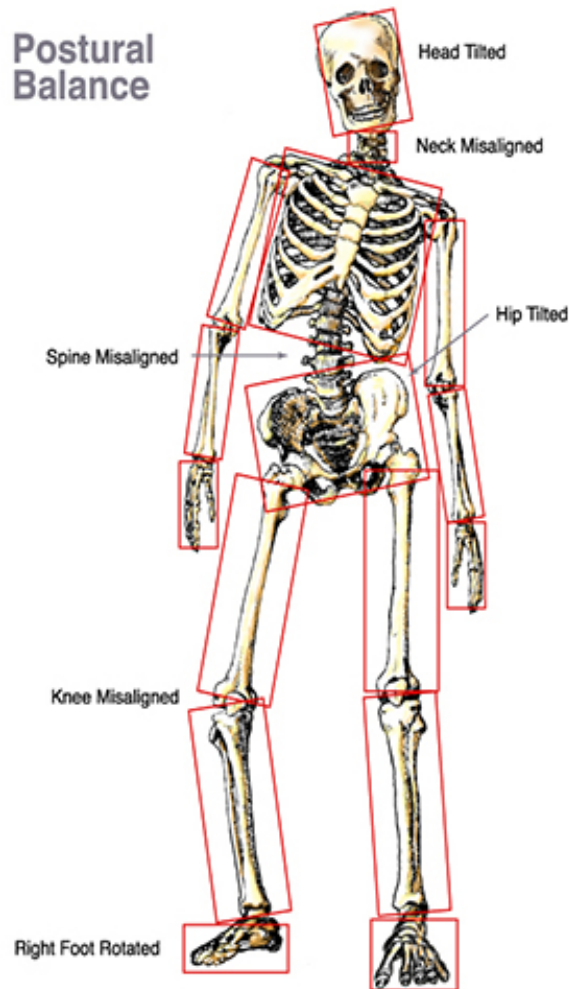


## *Health Habit - Posture*

*When we allow the body to shift and change  
Compensate because of added weight, aches  
and pains*

*we will begin to see the wear and tear  
on the Joints and Ligaments*



*TogetheriCan.com*