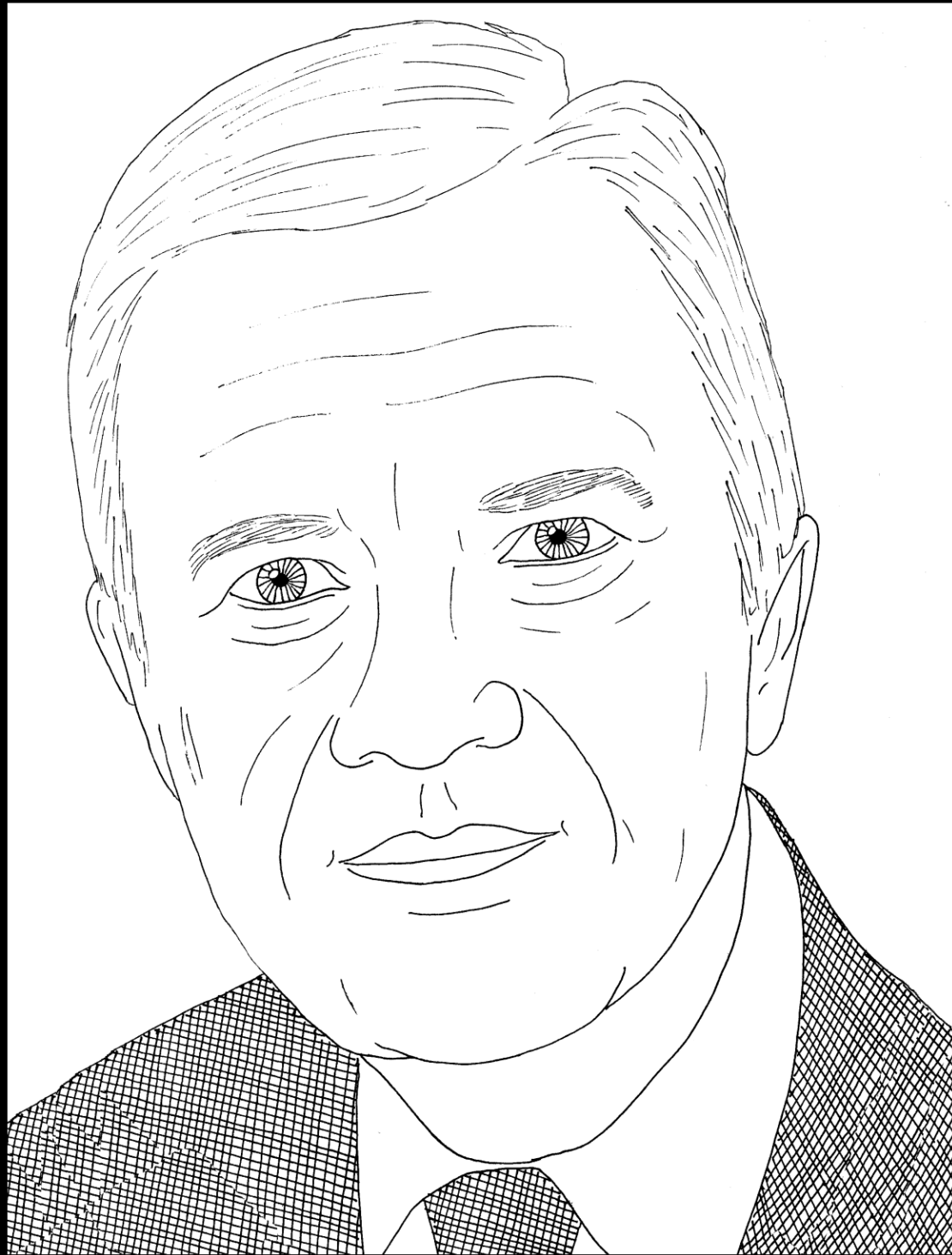


**BE A HERO FOR A BETTER WORLD**

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**"The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny."**

**-- Jimmy Carter**

**Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

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