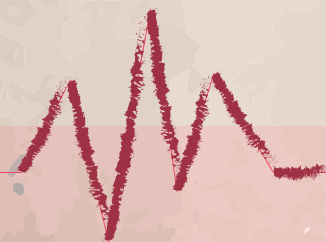
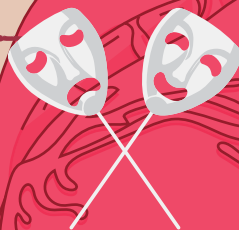


EVITA ENFERMIDADES CARDIOVASCULARES



APRENDE A CONTROLAR
AS EMOCIÓN



MODERA O CONSUMO
DE ALCOHOL



CONTROLA PERIÓDICAMENTE
A PRESIÓN ARTERIAL



MANTÉN UN PESO AXEITADO

