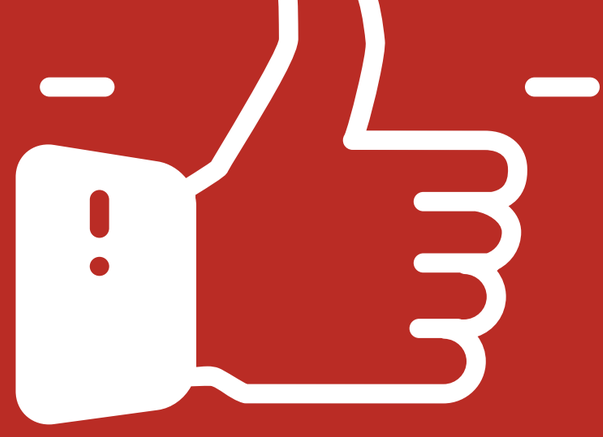
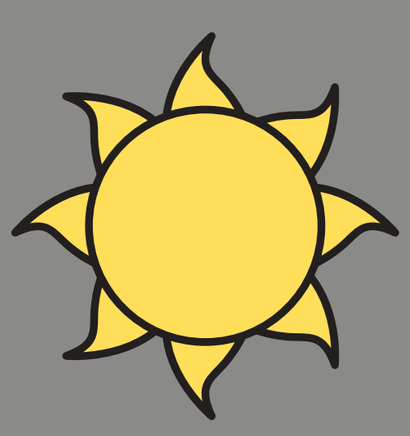
# EXERCISE
## & Mental Health

**Boost Endorphins (happy chemicals in the brain)**

**Reduces Stress**

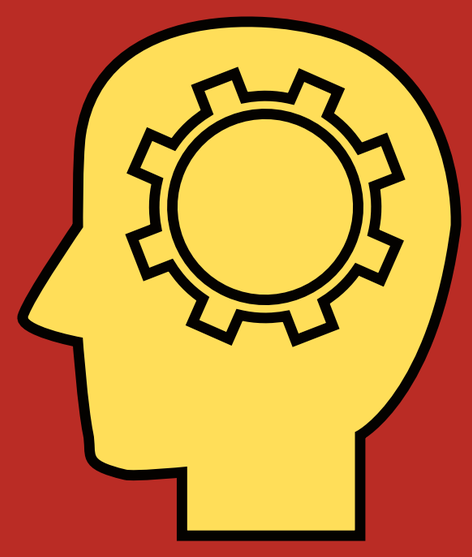


**Improve Self Confidence**

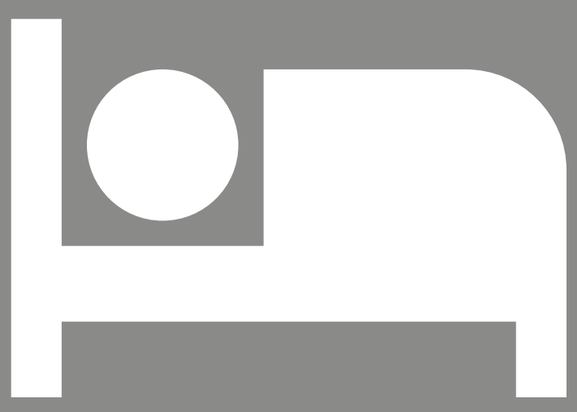


**Enjoy the Great Outdoors**

**Boost Brain Power**



**Sharpens Your Memory**



**Increase's Relaxation**

**More Productive**

**Healthy Heart**

COMMUNITY FUND

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T.A.M.H.I