EXERCISE

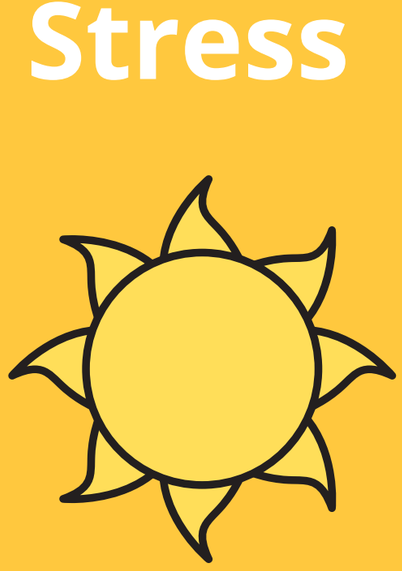
& Mental Health

Boost Endorphins (happy chemicals in the brain)

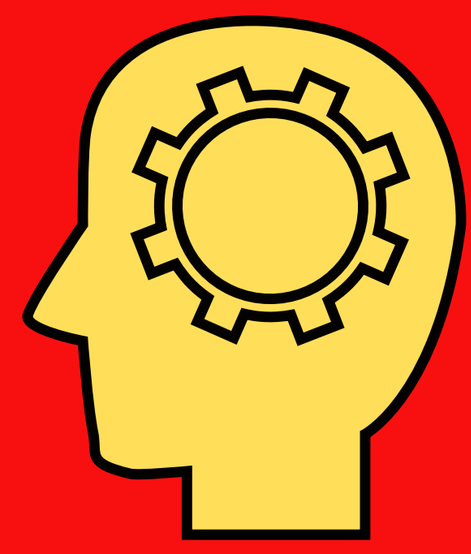
Reduces Stress

Improve Self Confidence

Boost Brain Power

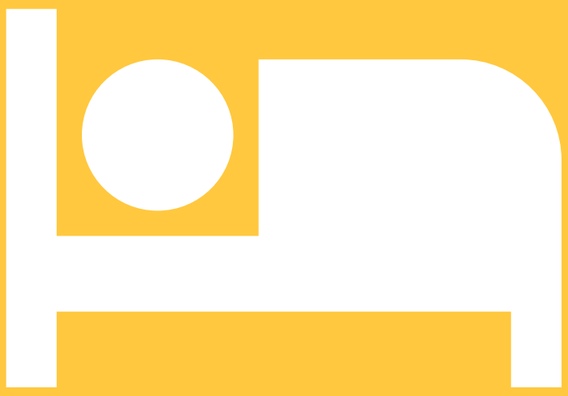


Enjoy the Great Outdoors

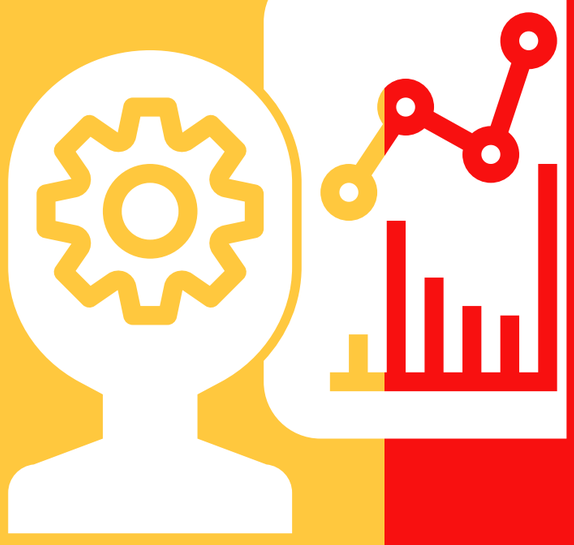


More Productive

Sharpens Your Memory



Increase's Relaxation



Healthy Heart

COMMUNITY FUND

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T.A.M.H.I