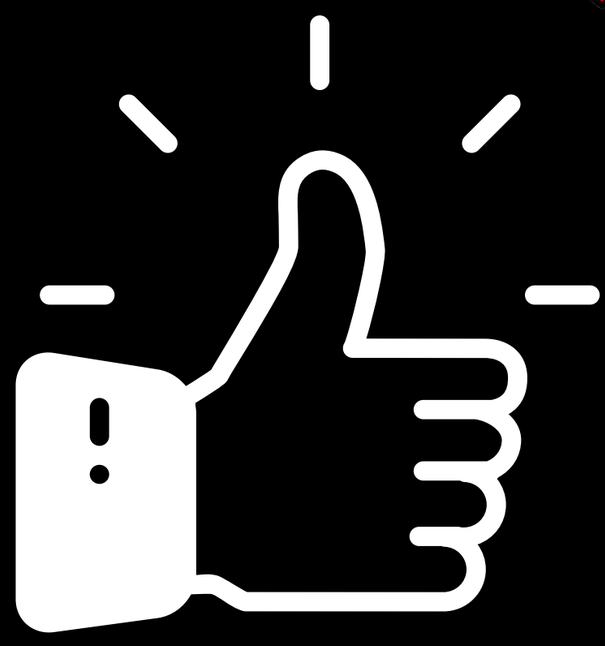
EXERCISE
& Mental Health

FC Westland Young Men 2008

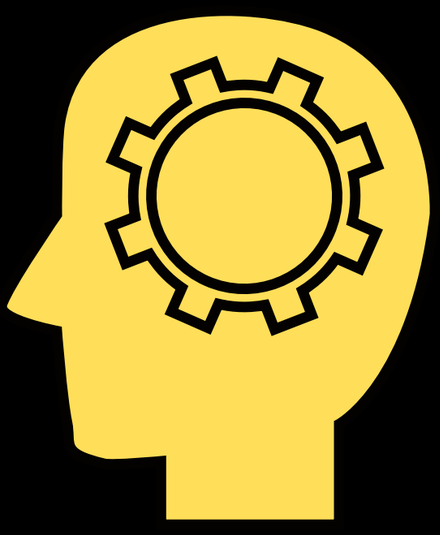
Boost Endorphins (happy chemicals in the brain)

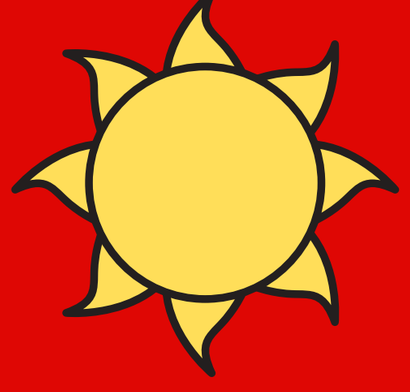
Reduces Stress



Improve Self Confidence

Boost Brain Power

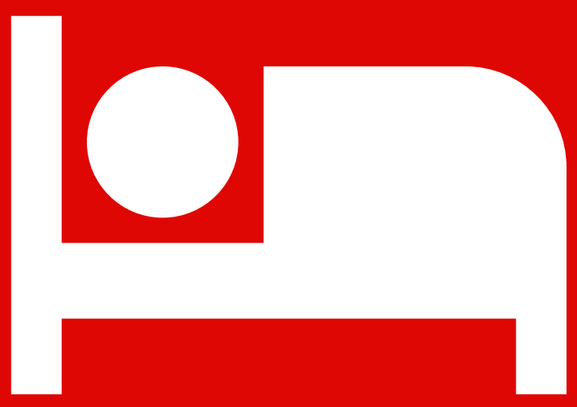




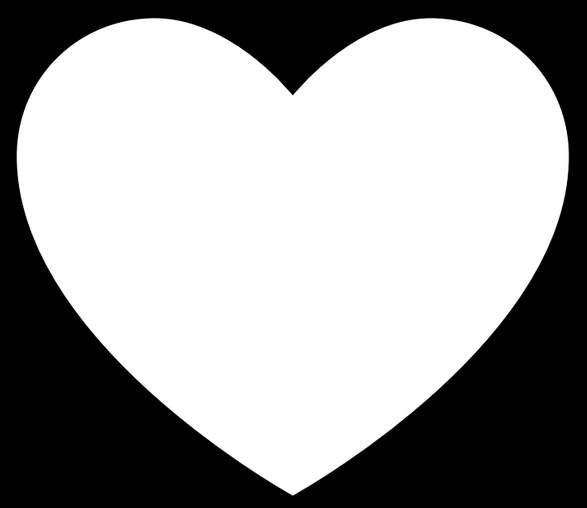
Enjoy the Great Outdoors

Sharpens Your Memory

More Productive



Increase's Relaxation



Healthy Heart

COMMUNITY FUND

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T.A.M.H.I