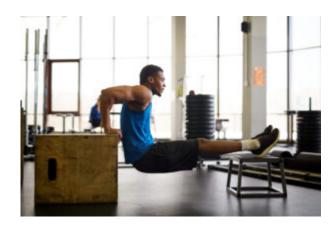# 10 Healthy Habits for Mental Health

[gview file="https://ohsinsider.com/wp-content/uploads/mentalFitness1.pdf"]