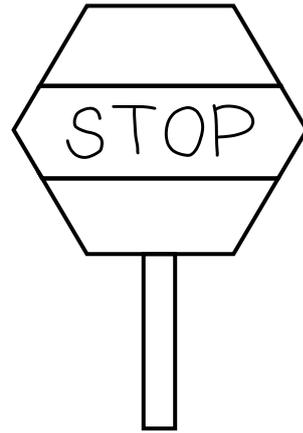




Remember to...

Stop



Breathe

Say

