

Make one positive change this year

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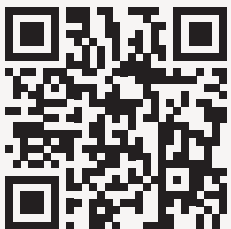
NEW YEAR NEW YOU

drink less
budget better
deal with debt
balance work-life

get fit
lift mood
lose weight
quit smoking
tackle issues



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