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To: email@example.com

Subject: Essential Pearl 61 - Support

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Essential Pearl

Weekly self* tip

Issue 61
Monday 15th March, 2010



Support!

Have you strong Support Networks?
Happiness & Resilience are enhanced
through Strong Relationships in both
your Work and Personal Lives!
All Important for Health & Wellbeing!
Get involved in your community!
Create a hub of dependable friends!
Acknowledge Great Friends Today!

Visit our website
www.essentialgym.com

Please Forward to a Friend

Essential Gym is an holistic coach approach to sustainable SELF* Wellness.
Tone Up - Your Mind, Body and Soul!
*Self: Soul Essence Love Fulfillment



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