

ONE DAY AT A TIME

YOUR FIRST WEALTH

THE FIRST WEALTH IS HEALTH

IT'S AN OLD TRUTH, BUT ONE WHICH BEARS
REPEATING.

THE PERSON WHO WANTS TO WORK AND TO
LIVE LIFE TO THE FULLEST CANNOT TAKE
HEALTH FOR GRANTED AND MUST TAKE CARE
IN PRESERVING IT.

HE WHO HAS HEALTH HAS HOPE
HE WHO HAS HOPE HAS EVERYTHING

GUARD YOUR HEALTH AS IF IT WERE
YOUR MOST PRECIOUS POSSESSION.

IT IS !!!

JACK