

The page features four large, intricate geometric patterns in the corners, resembling stylized snowflakes or mandala designs. Each pattern consists of multiple concentric layers of interconnected lines forming various polygonal shapes, primarily triangles and squares, arranged in a radial, symmetrical fashion. The patterns are drawn with thick black outlines on a white background.

**BUILD YOUR PHYSICAL RESERVES TO MINIMIZE STRESS:**

- \* Cardiovascular Exercise (3 - 5x week)**
- \* Well balanced diet**
- \* Avoid/cut down on caffeine, nicotine, & alcohol**
- \* Get enough sleep**
- \* Do something you enjoy**