



Moderate Alcohol Intake

Reduce Blood Sugar



Stop Smoking



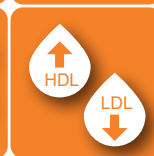
Control Stressors



Eat Better



Manage BP



Control Cholesterol



Avoid Fatigue



Lose Weight

LIFE is an OPPORTUNITY and is LIVED only ONCE

Let's Start Sailing SAFELY