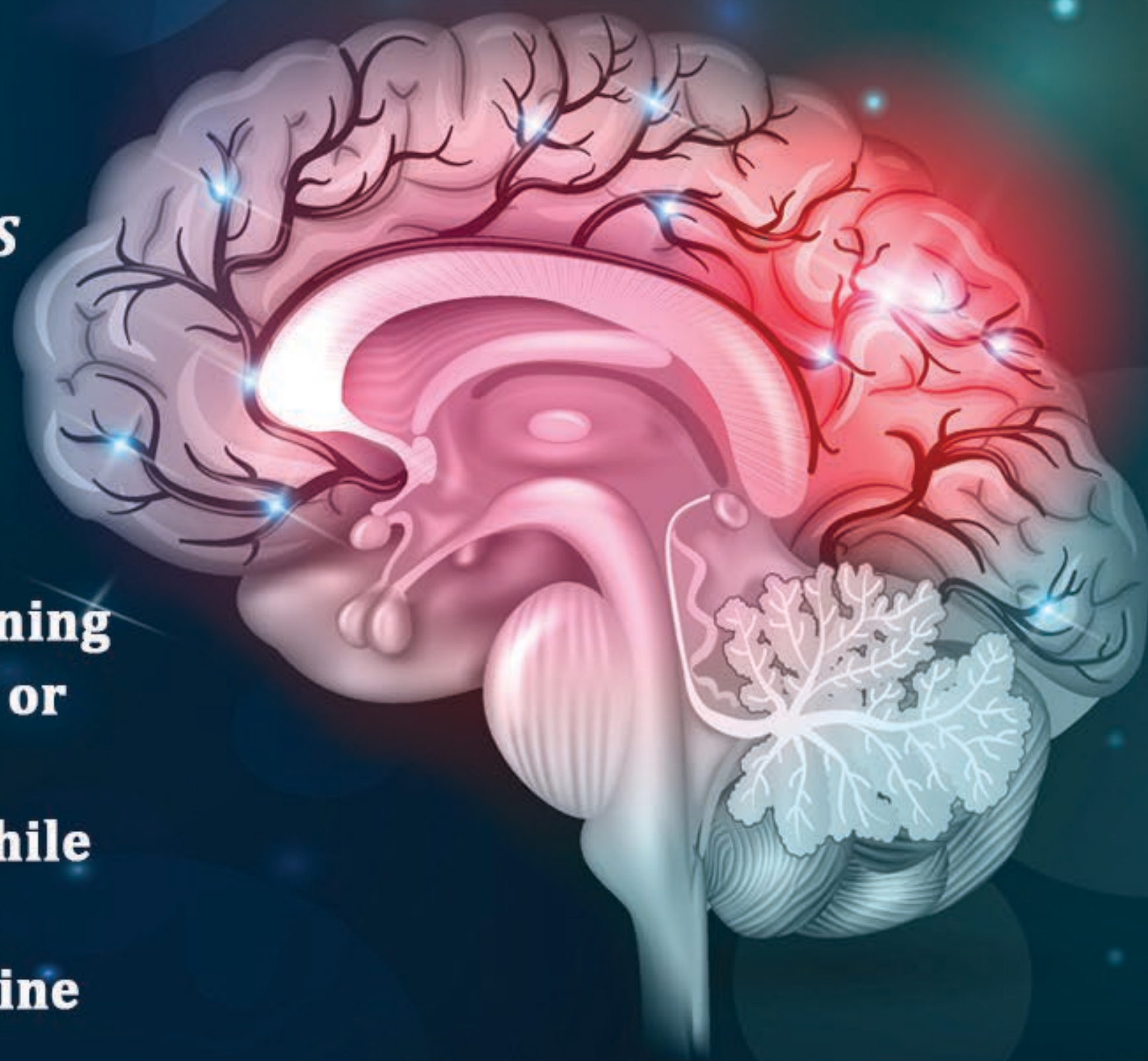


*Take care of your heart and brain...
Because strokes are of massive pain!*

7 BIGGEST BRAIN DAMAGING HABITS

- X Missing breakfast**
- X Sleeping late**
- X High sugar consumption**
- X More sleeping specially at morning**
- X Eating meal while watching TV or Computer**
- X Wearing cap / scarf or socks while sleeping**
- X Habit of blocking / stopping urine**



*Please read this message carefully and forward it to
those whom you care about. As I care for you.*

SERUM Group
Health for All



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