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# I want to feel fine!

## Introduction

This information only reflects the Consortium view and the Commission is not responsible for any use that may be made of the information that it contains.



# 4 TRAINING SESSIONS

## PERSONAL HYGIENE



# 1



# 2



## HYGIENE AT HOME



# 4 TRAINING SESSIONS

MEDICAL  
FOLLOW-UP  
AND  
MEDICATIONS

3



HEALTHY FOOD AND PHYSICAL

EXERCISE 4