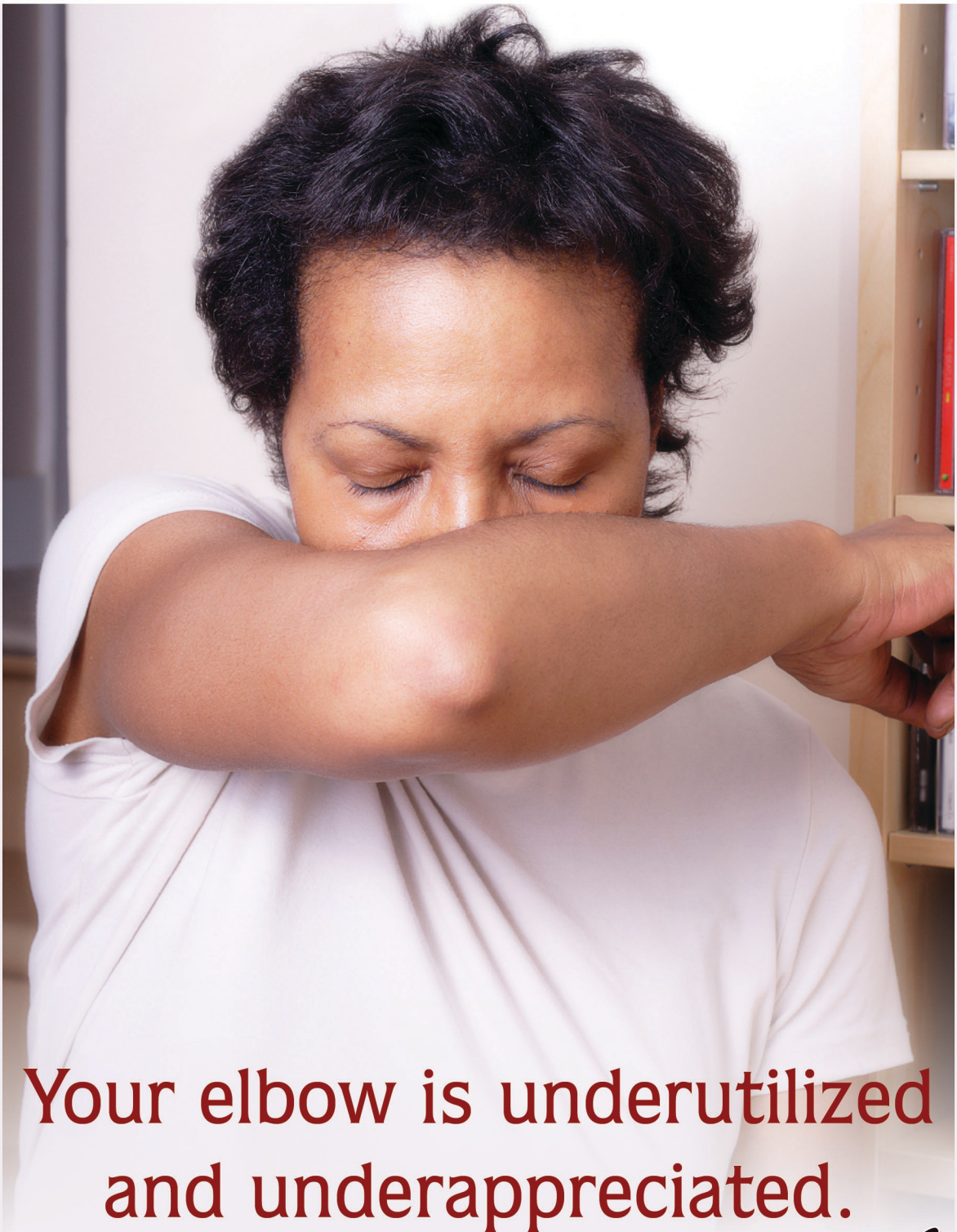

Your elbow is underutilized and underappreciated.

*Use it!*

Health Matters
healthmatters.idaho.gov

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