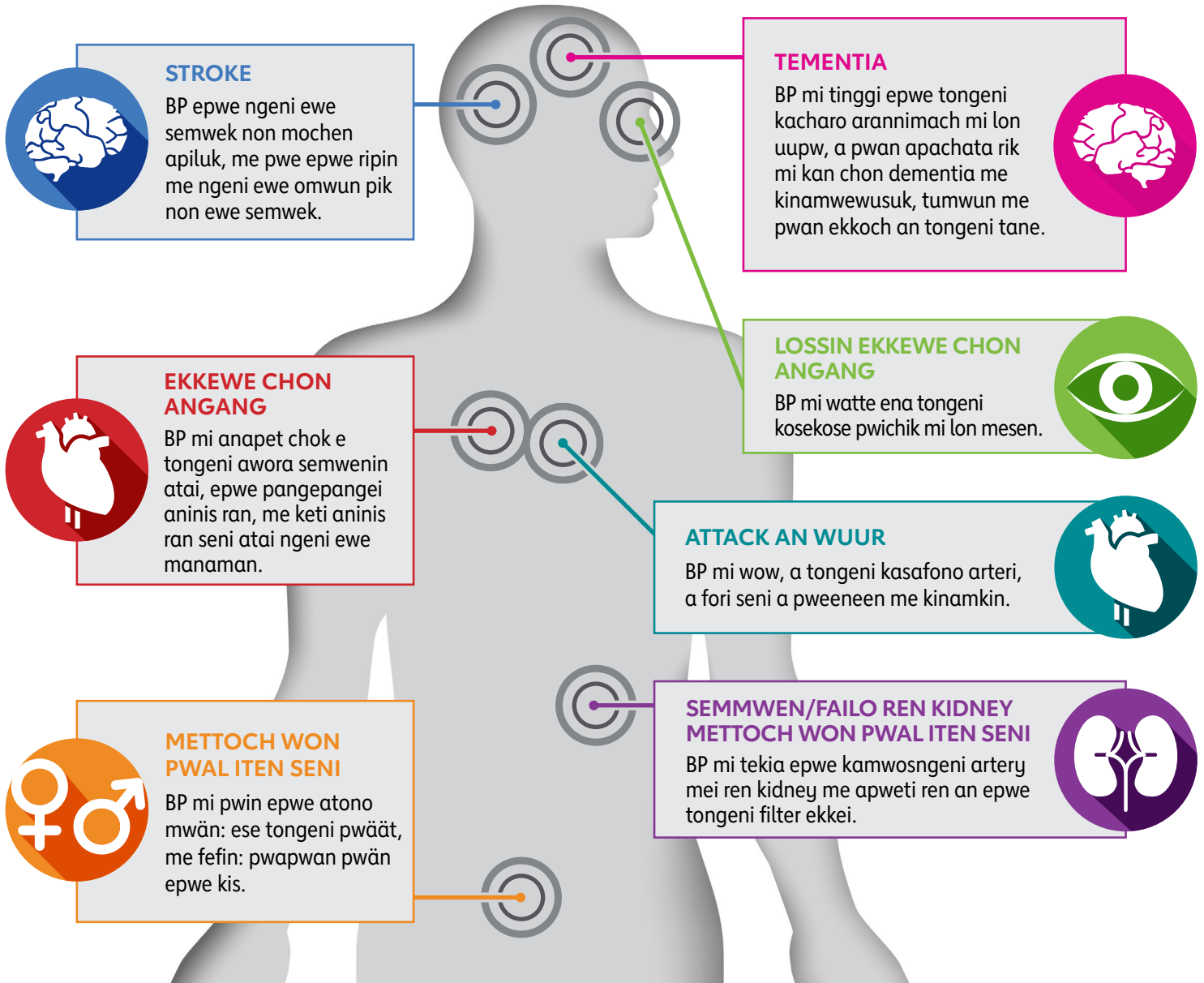


Ewewe me likin Ananimw mi tekia lotofon epwe pwan aniniw wöön mwaan me fefin.

Ewe ew meinisin epwe kamwunchi semwen mi pwan, usun:



Ewe pwesin pwerein chon aweewe epwe tumunu kinanimw, insenimw me omw kin epwe usi energi. Kopwe check omw blood pressure iei. Kopwe tongeni sinei pwan ren [heart.org/BP](https://www.heart.org/BP) (website non fosun Merika).