

#	Act for Health	Mon	Tue	Wed	Thu	Fri	Sat	Sun

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“Look to this day - for it is life, the very life of life.

In its brief course lie all the realities and truths of existence - the bliss of growth, the splendor of action, the glory of power.

For yesterday is but a dream and tomorrow is only a vision,

but today, well lived, makes every yesterday a dream of happiness and every tomorrow a vision of hope.”

~ Kalidasa, 4th Century Indian Playwright ~