#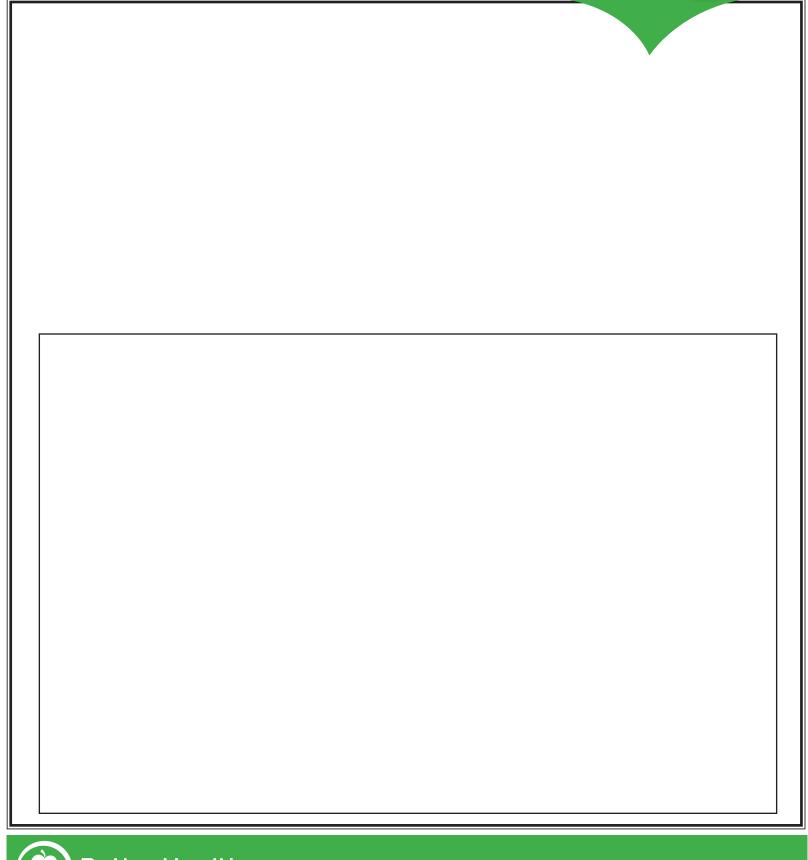 Wellness Wednesday