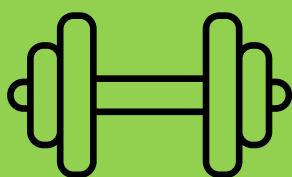
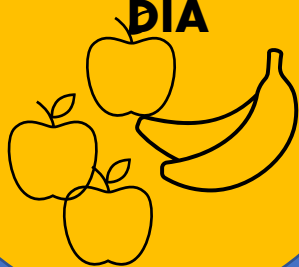


Coisas que podes fazer para proteger a tua mente e cabeça

**MANTÉM-TE
ACTIV@**



**COME 5
FRUTAS POR
DIA**



**DORME 8
HORAS POR
NOITE**

Zzz

Zzzz



**ESTIMULA A
MENTE: PENSA A
DOBRAR**



**USA
CAPACETE**



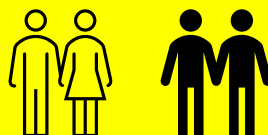
**TOMA CONTA
DO TEU
CORAÇÃO**



**TOMA BOAS
DECISÕES**



**CONVERSA COM
OS AMIG@S**



PROTEGE-TE

