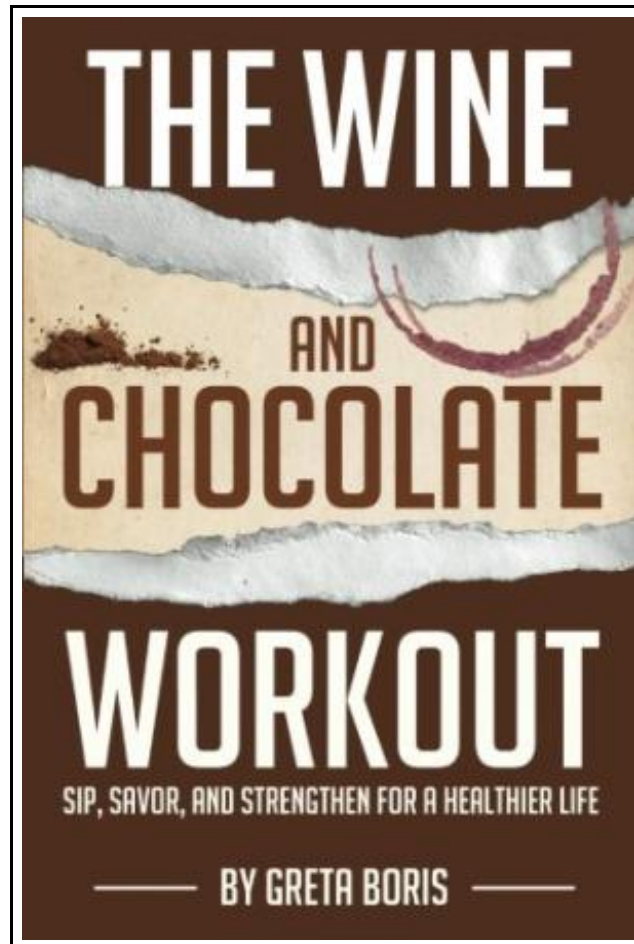


## The Wine and Chocolate Workout: Sip, Savor, and Strengthen for a Healthier Life



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