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- (1) Nothing is eternal in this world, not even our problems.  
(2) I like to walk in the rain, because no one can see my tears.  
(3) The most wasted day in life is the day we don't laugh.  
(4) The six best doctors in the world...

1. Sunshine,
2. Rest,
3. Exercise,
4. Diet,
5. Self-esteem,
6. Friends.

Keep them in all stages of your  
life and enjoy healthy life.

If you see the moon you will  
see the beauty of God.

If you see the sun you will  
see the power of God.

If you look in the mirror, you will  
see God's best creation.

Believe it then.

Trust him and enjoy LIFE.

Life is just a journey!

Live today!!!!

Charlie Chaplin