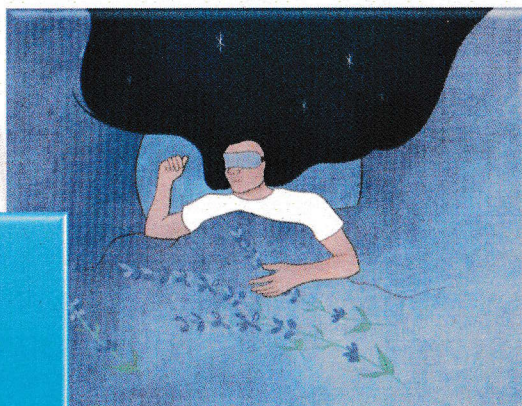
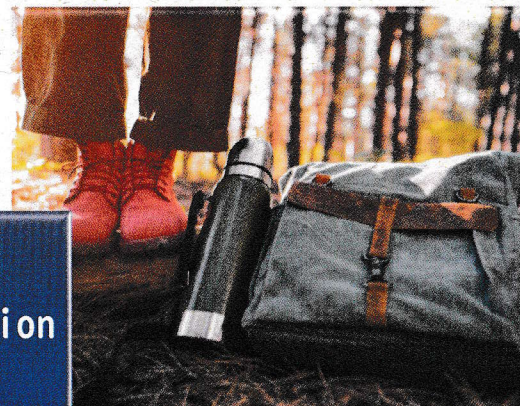


3. 今日からできる「3つのR」

Rest



Recreation



Relax

