

Joint Health Command



Spiritual Tips

- ➔ Life is fragile; so handle with prayer.
- ➔ A moment of meditation and prayer goes a long way towards serenity.
- ➔ Just as I have loved you, you must also love one another.
- ➔ Treat others as you would like them to treat you.
- ➔ All who humble themselves will be exalted.
- ➔ Try your best to enter by the narrow door.