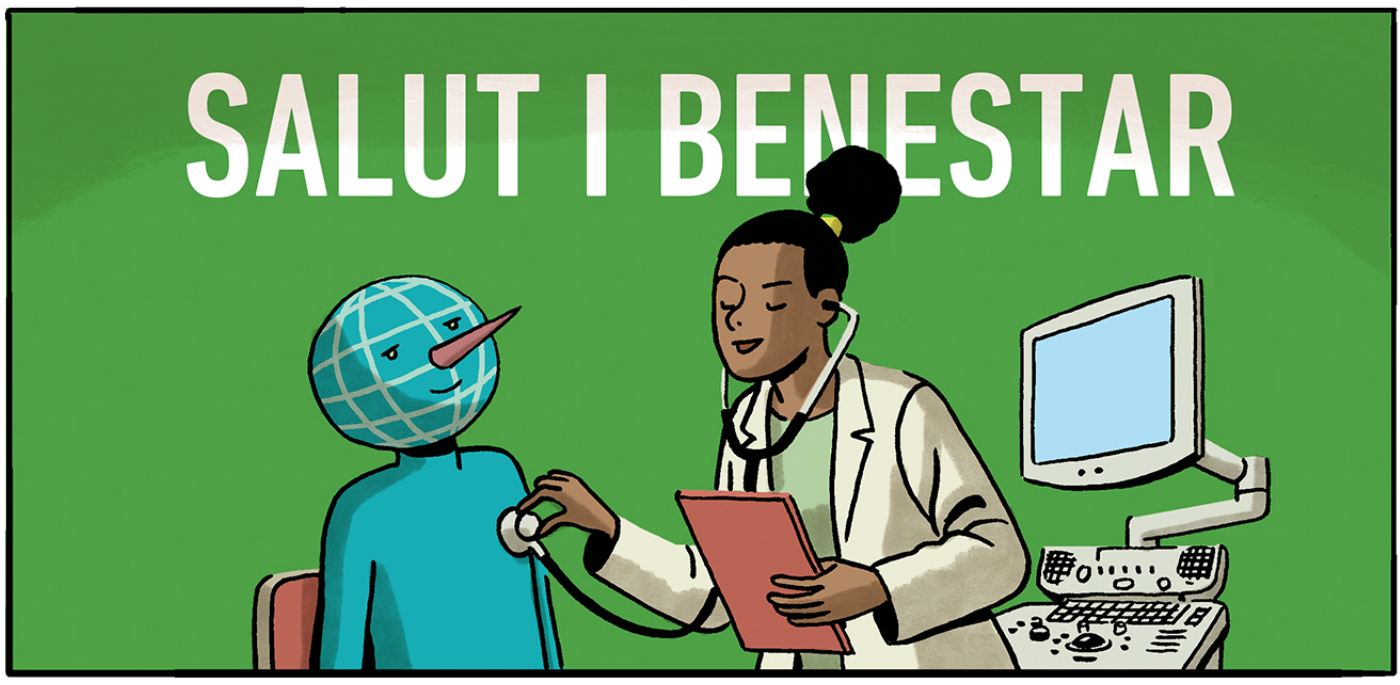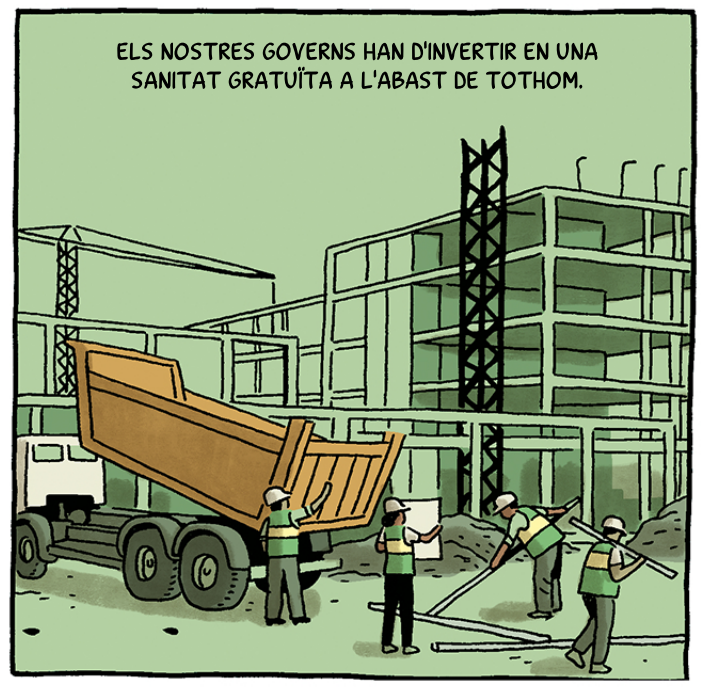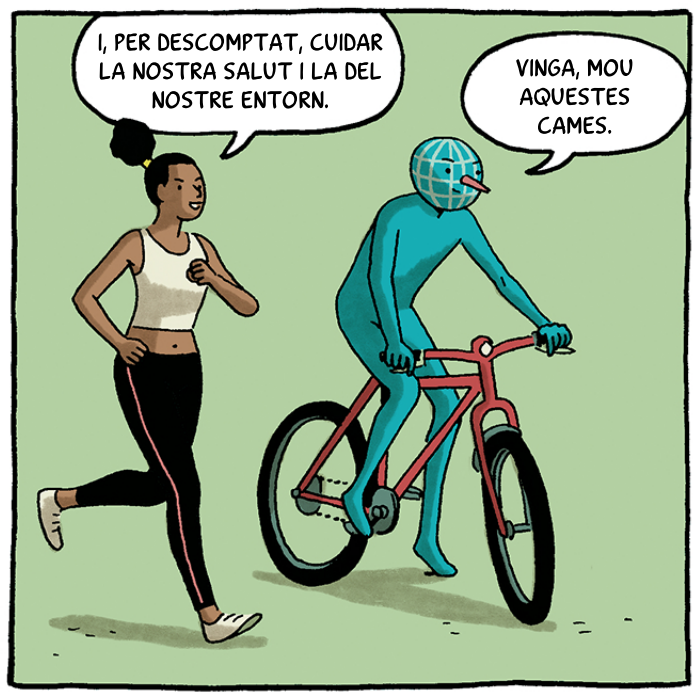SALUT I BENESTAR