

A close-up photograph of a lit birthday candle on a cake. The candle is white with a blue flame and is positioned in the upper right quadrant. The cake has blue frosting and is slightly out of focus. The background is a solid blue color. A large, semi-transparent watermark reading 'SAMPLE' is oriented diagonally across the center of the image.

**Birthdays
are good
for you.**

Statistics
show
that the
people
who have
the **most**
live the
longest.

Happy Birthday!

Have the most birthdays with
regular wellness visits!

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