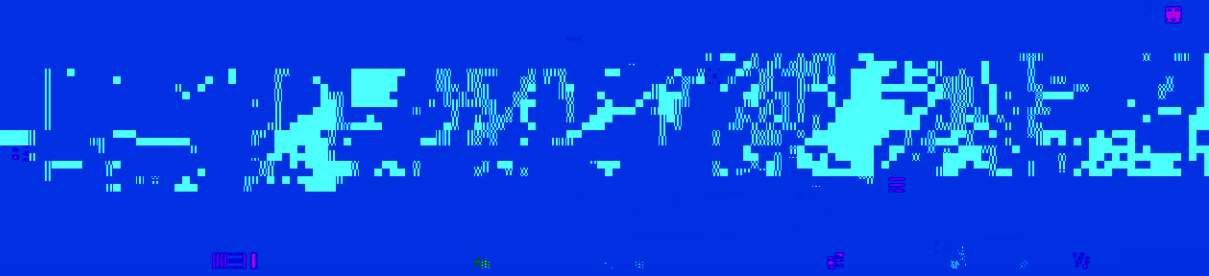


January 2024

How to  
Make—and Keep—Your



# How to Make—and Keep—Your

## Health Benefits of Dry January

- 
- 
- 
- 
- 
- 

## Protecting Your Skin During Winter