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**セロトニン活性化**  
健康リズムゆらゆら  
INUWウォーキング9  
=実践=  
**お外で歩こう♪**



The graphic features a man in a red jumpsuit and a woman in a white shirt. The man is in a dynamic, jumping pose, while the woman stands next to him. The background is a solid blue color with yellow text. The text includes the title 'セロトニン活性化' (Serotonin Activation), the subtitle '健康リズムゆらゆら' (Healthy Rhythm Swaying), the event name 'INUWウォーキング9' (INUW Walking 9), the phrase '=実践=' (Practical), and the main message 'お外で歩こう♪' (Let's walk outside ♪). There is also a small circular logo with the text 'INUW' and '9'.

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info@rizha.jp 090-7440-5547

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