

GYE - Guard Your Eyes

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REMINDER: Stay Hydrated!

Posted by retrych - 21 Apr 2023 12:06

Remember to drink, even if you dont feel thirsty. I know for myself that taivos get so much worse when I'm dehydrated, and I've seen the same sentiments here from other people. Not just taivos in this area, any addiction. Important to remember in the summer

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