

Instructions

- Print this document at 100% size with no scaling to ensure accuracy
- Cut the six strips leaving the grey tabs on the edge
- Attach the strips by placing the grey tab beneath the previous strip, apply glue to the grey tab or use tape to attach the strips together



PCNA
Preventive Cardiovascular
Nurses Association

1	2	3	4	5	6	7	8	9	10
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11	12	13	14	15	16	17	18	19	20
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21	22	23	24	25	26	27	28	29	30
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31	32	33	34	35	36	37	38	39	40
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41	42	43	44	45	46	47	48	49	50
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51	52	53	54	55	56	57	58	59	60
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