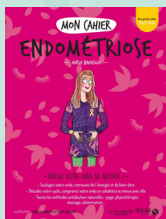
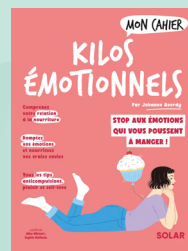


Plein de conseils feel good, de bonus, de recettes, de trainings et d'actus tendance

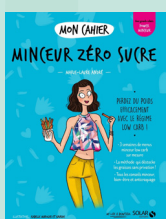
MADE BY MON CAHIER



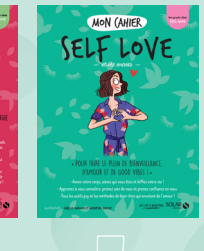
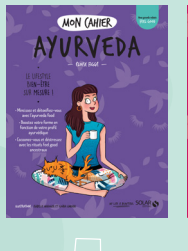
## BIEN DANS SON CORPS



## BIEN SE NOURRIR

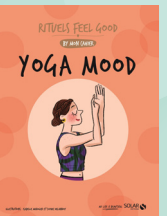
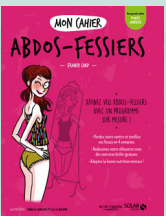
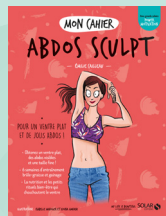
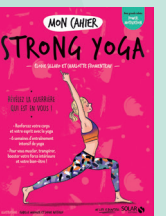
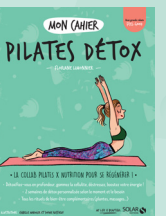
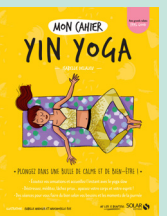
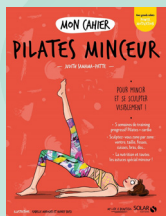
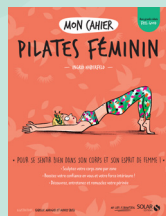
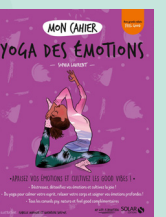


# ÊTRE BIEN





# ÊTRE EN FORME



Psst psst, la communauté Mon Cahier c'est par là !

Un lieu rien que pour vous :



Une communauté de girls qui déchirent

@mon\_cahier\_solar

SOLAR