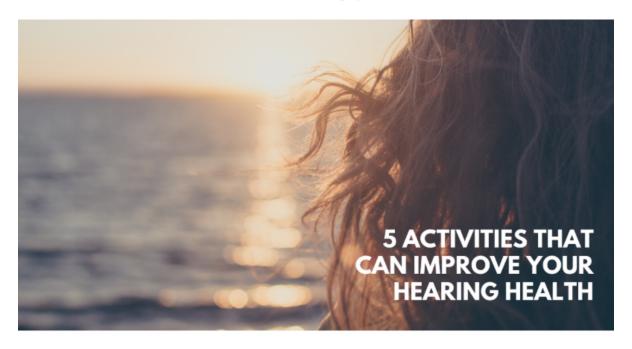
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Did you make some healthy resolutions this year?

If so, don't forget about your hearing health! Beyond getting your annual check up, there are some simple and fun activities you can do on your own to take care of your hearing.

Read more for five great ways to "exercise" your ears!

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