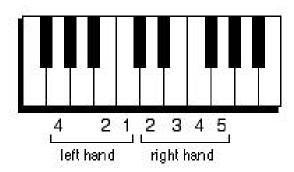
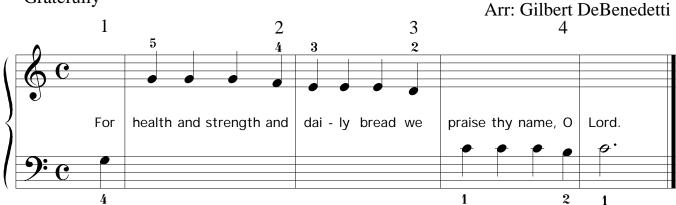
## For Health and Strength

## **First Pieces**









Sing this grace as a round! When the first people to sing reach the "2", the second group of people join in at the beginning. When the first people reach the "3", the third group joins in at the beginning, and so on.

More *FREE* music at: www.pitt.edu/~deben

