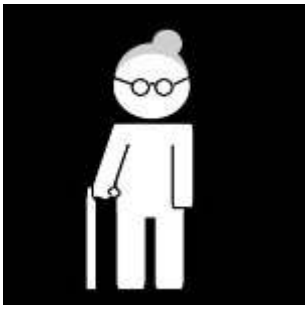

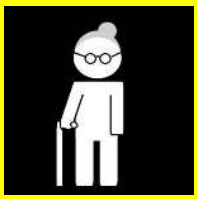

bejaarden helpen