

# Griffinhealth.org/events

[www.griffinhealth.org/payments](http://www.griffinhealth.org/payments)

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i bought the diva cup in 2008 and at that time, their website definitely advised that one cup could be safely used for up to 10 years as long as no abnormal tearing or shape changing occurred

[griffinhealth.org/5k](http://griffinhealth.org/5k)

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i8217;m not certain what i would8217;ve used in the absence of the type of tips and hints discussed by you about that topic

[griffinhealth.org](http://griffinhealth.org)