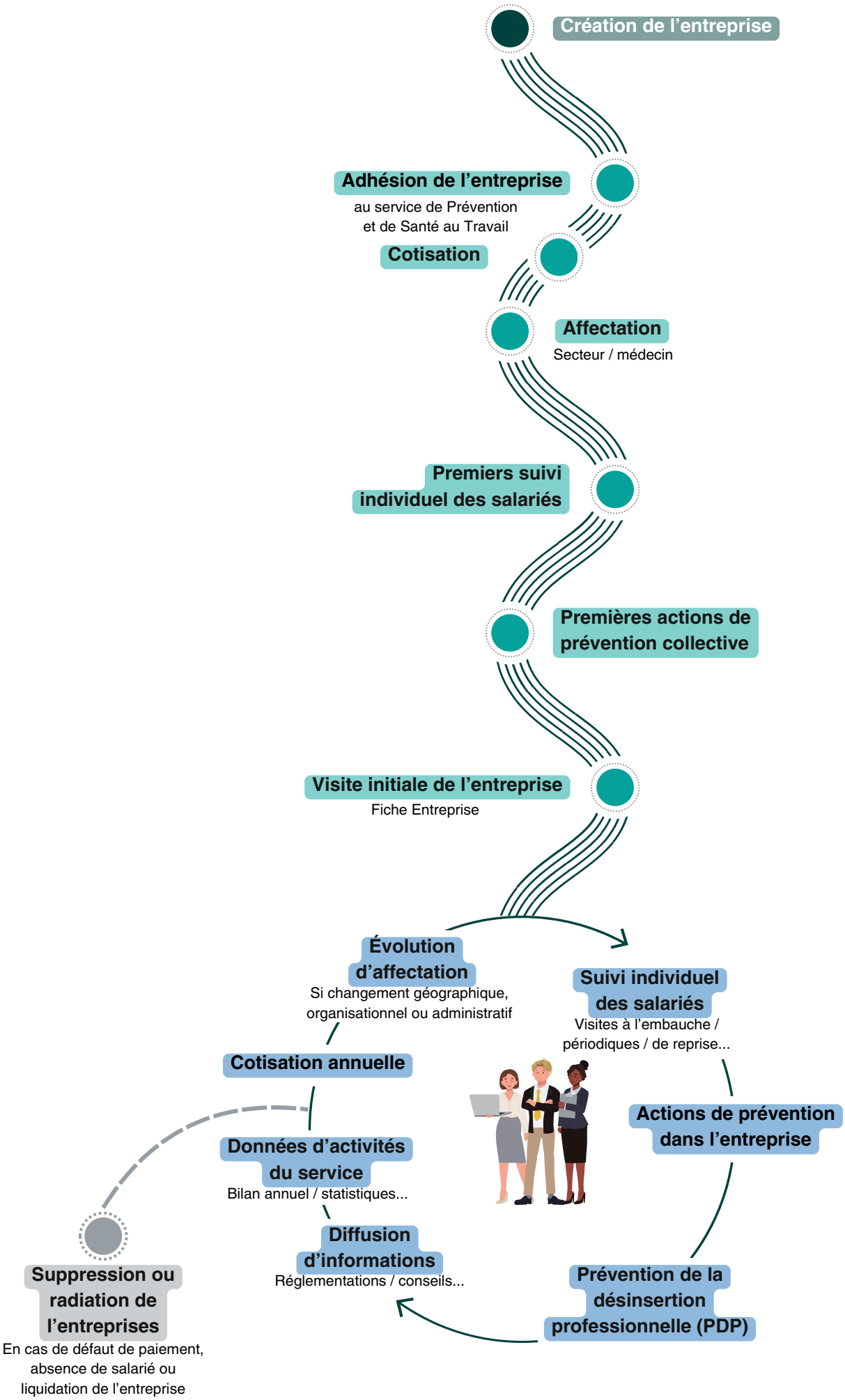PARCOURS ADHÉRENT