

This is a page header that is repeated on every page.  
It can have multiple lines etc.  
This is a page header that is repeated on every page.  
It can have multiple lines etc.  
last line of header

First body line

This is a page footer that is repeated on every page.  
It can have multiple lines etc.  
This is a page footer that is repeated on every page.  
It can have multiple lines etc.  
last line of footer