

Take
Charge
of **YOUR**
Health



EAT

healthier

Feel

BETTER

We can help!

How? Come Find out –

TASTE new foods,

TRY healthy recipes,

MOVE more,

FEEL better,

MAKE new friends,

and it's **FUN!**

The best way to prevent and treat chronic diseases like diabetes and heart disease...

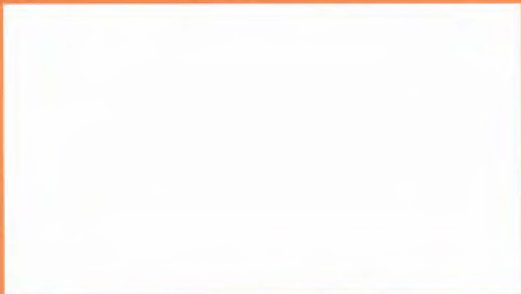
Is not to get them in the first place – let us show you how eating right can make a difference in your life – now and in the future.

Give us a call and we'll help you get started.



**Contact our family nutrition program
assistant listed below to find out
how we can help.**

or call, toll free, 1-888-814-7627



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