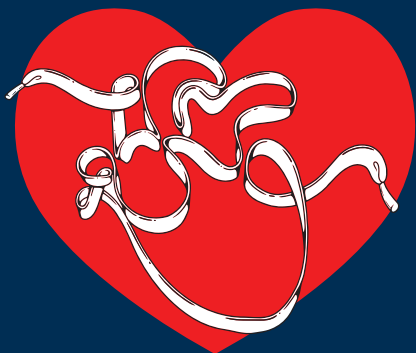


Play Your



To Health

For a
Healthy Heart

Strive for
60 minutes
of activity
per day



<https://bit.ly/playfulheart>

Super Fuel Your Body, Eat Mindfully



<https://bit.ly/ROAROutreach>