



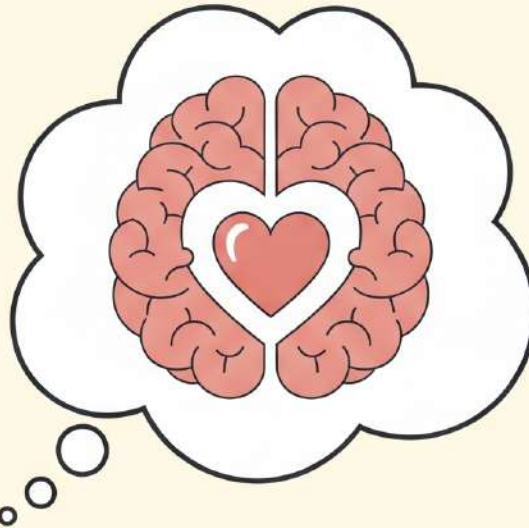
**MINDFUL
EATING**



HEALTHY CHOICES



REGULAR HABITS



HYDRATION



REGULAR HABITS



DIVERSE FOODS