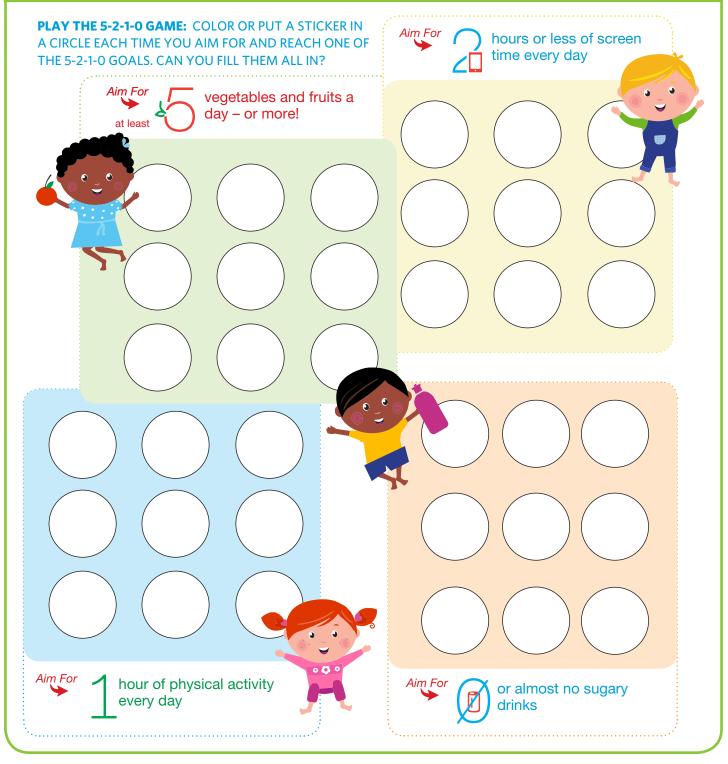


## Healthy Habits. Healthy Life.





This resource is adapted from Let's Go! materials. www.letsgo.org.