

Fitness STARS

VERY YUMMY VEGGIES

by Stretch-n-Grow

BENEFITS OF VEGETABLES

Aid in improving eye health

Green vegetables are beneficial for diabetics

Beneficial for healthy skin and hair

Rich in antioxidant properties

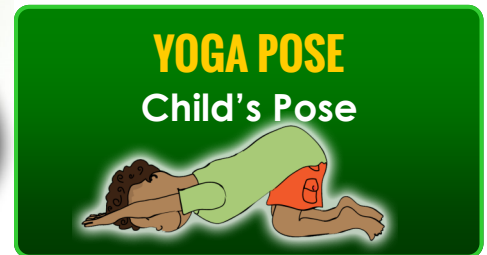
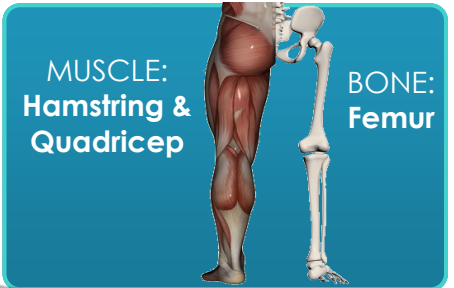
Reduce risk of hypertension and multi-morbidity

Help prevent constipation

Organic Facts
www.organicfacts.net

Help maintain healthy weight

Help maintain healthy bones



Mother's Day

We will celebrate our moms, this week! We will pick some flowers, bake cupcakes, and throw a big Mother's Day party for her! As mothers will also acknowledge the privilege it is to be a mother.

