




























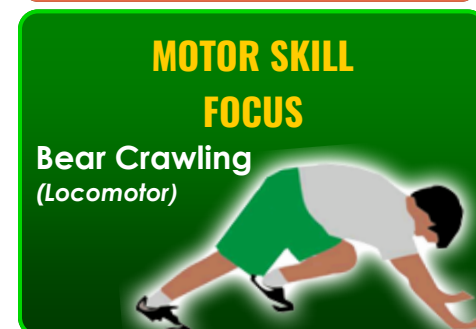
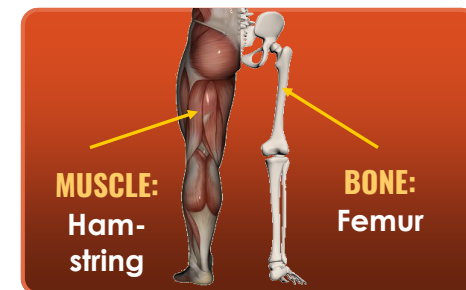


by Stretch-n-Grow



FOODS THAT CONTAIN CALCIUM

 Broccoli	 Bok Choy	 Almonds	 Pumpkin Seeds	 Okra	 Collards	 Brussels Sprouts
 Turnip Greens	 Prickly Pear	 Sesame Seeds	 Leeks	 Brazil Nuts	 Artichokes	 Mulberry
 Avocado	 Celery	 Green Beans	 Coconut Meat	 Onions	 Gooseberry	 Cabbage
 Fennel	 Dandelion Greens	 Swiss Chard	 Spinach	 Kale	 Butternut Squash	 Asparagus



WRAP UP WARM AND GET OUTSIDE

They say that there is no such things as bad weather just the wrong clothes. So wrap up and explore the winter wonderland. Look out for those frosted spiders webs or watch your breath in the cold air.

