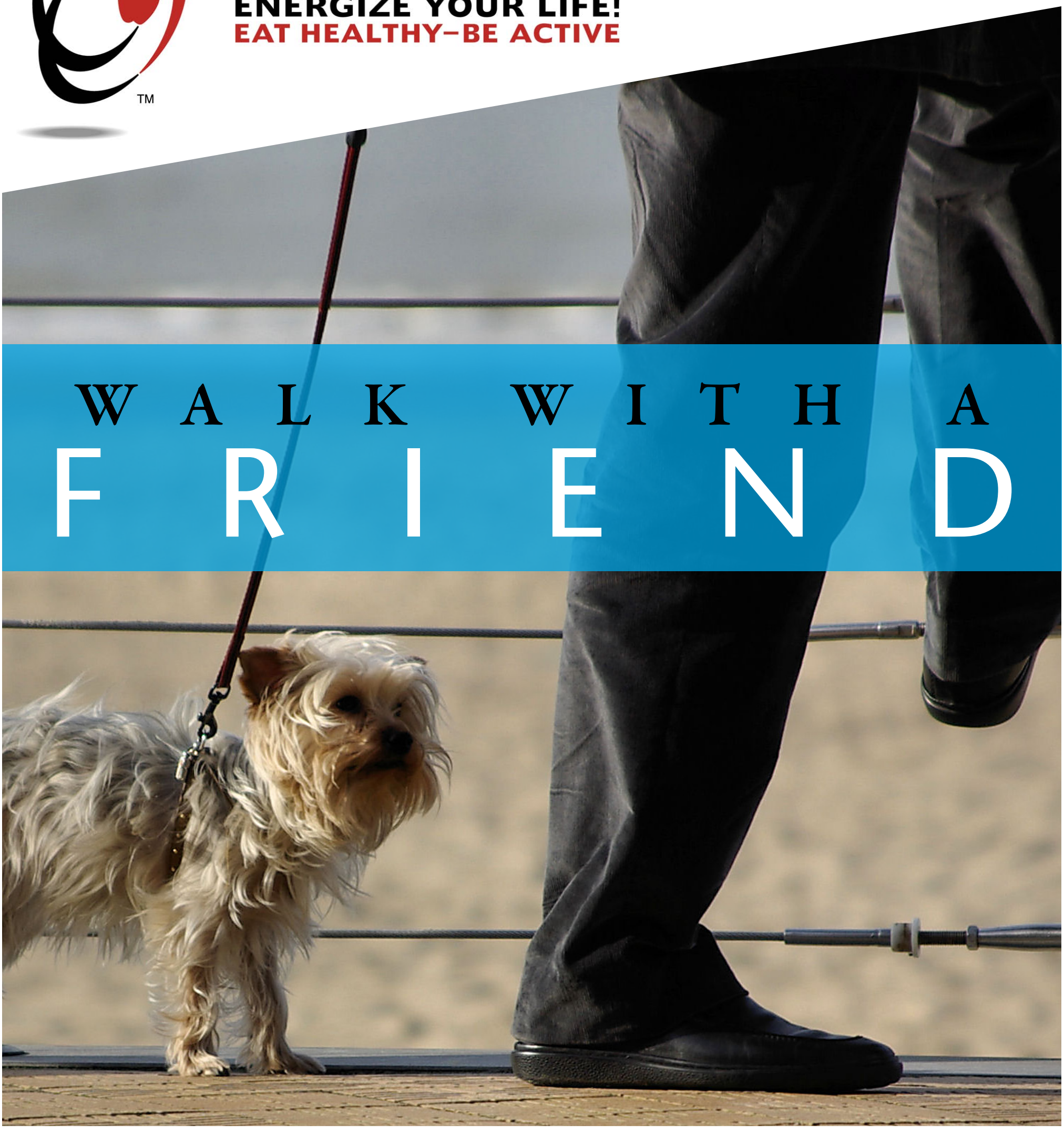
ENERGIZE YOUR LIFE!
EAT HEALTHY–BE ACTIVE

WALK WITH A FRIEND



NUTRITION EDUCATION NETWORK OF WASHINGTON

This material was funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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