

HEALTHY LIVING GUIDE



MIND

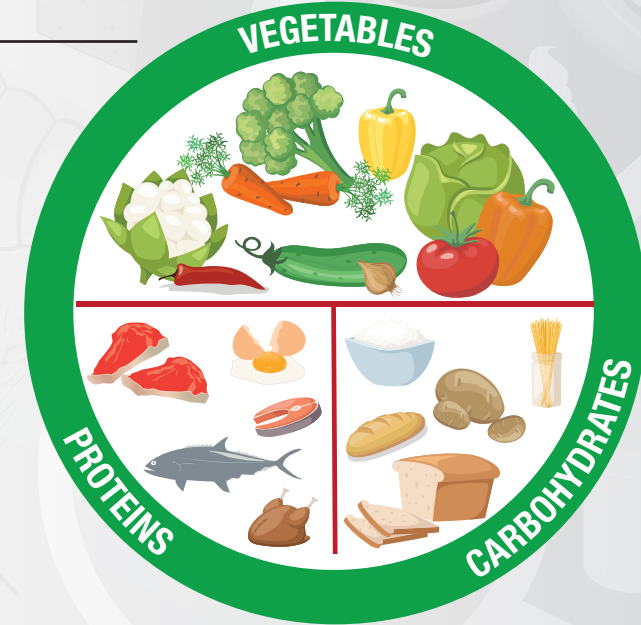


Stomach

Pancreas



EATING



PHYSICAL ACTIVITY



SMOKING AND ALCOHOL



WOMENS AND MENS BUSINESS



ENVIRONMENT



MY GOALS

.....

.....

.....

.....

.....

.....