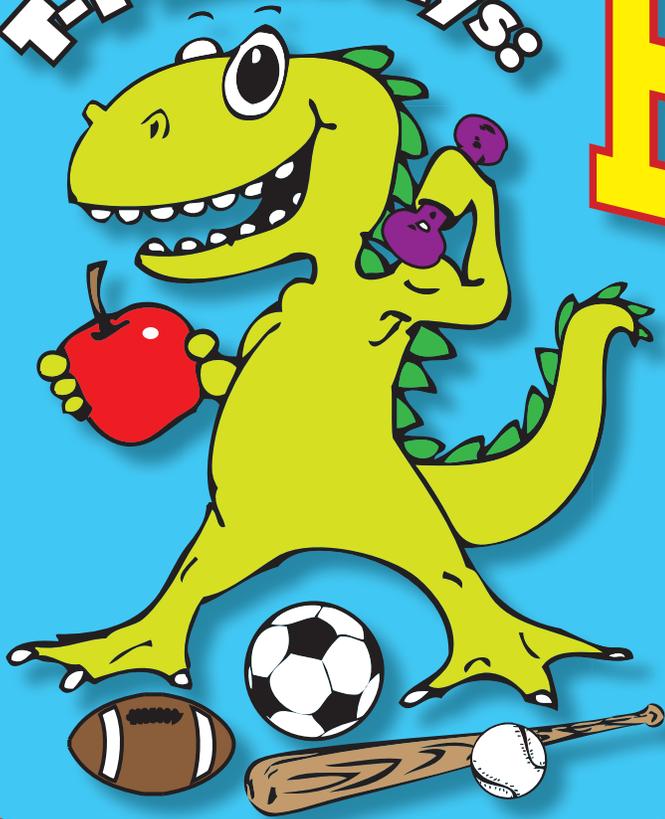


T-FLEX says:



POWER UP!



POWER UP
by eating a
RAINBOW OF
COLORS every
day!



FRUITS AND
VEGETABLES
have lots of
VITAMINS and
MINERALS to
help you grow
and give you
ENERGY.

If we have more healthy choices, we'll be able to have healthier lives. For more information, contact:
Rod Himon, Communities Putting Prevention to Work
501-340-5322, rhimon@northlittlerock.ar.gov



Arkansas Department of Health
Keeping Your Hometown Healthy