

THE ORGANWISE GUYS®

Official Seal

Low-fat,
High-fiber,
Lots of water,
and Exercise!

Hardy Heart

Hardy Heart®, ClubLeader

Official Nutrition Educator

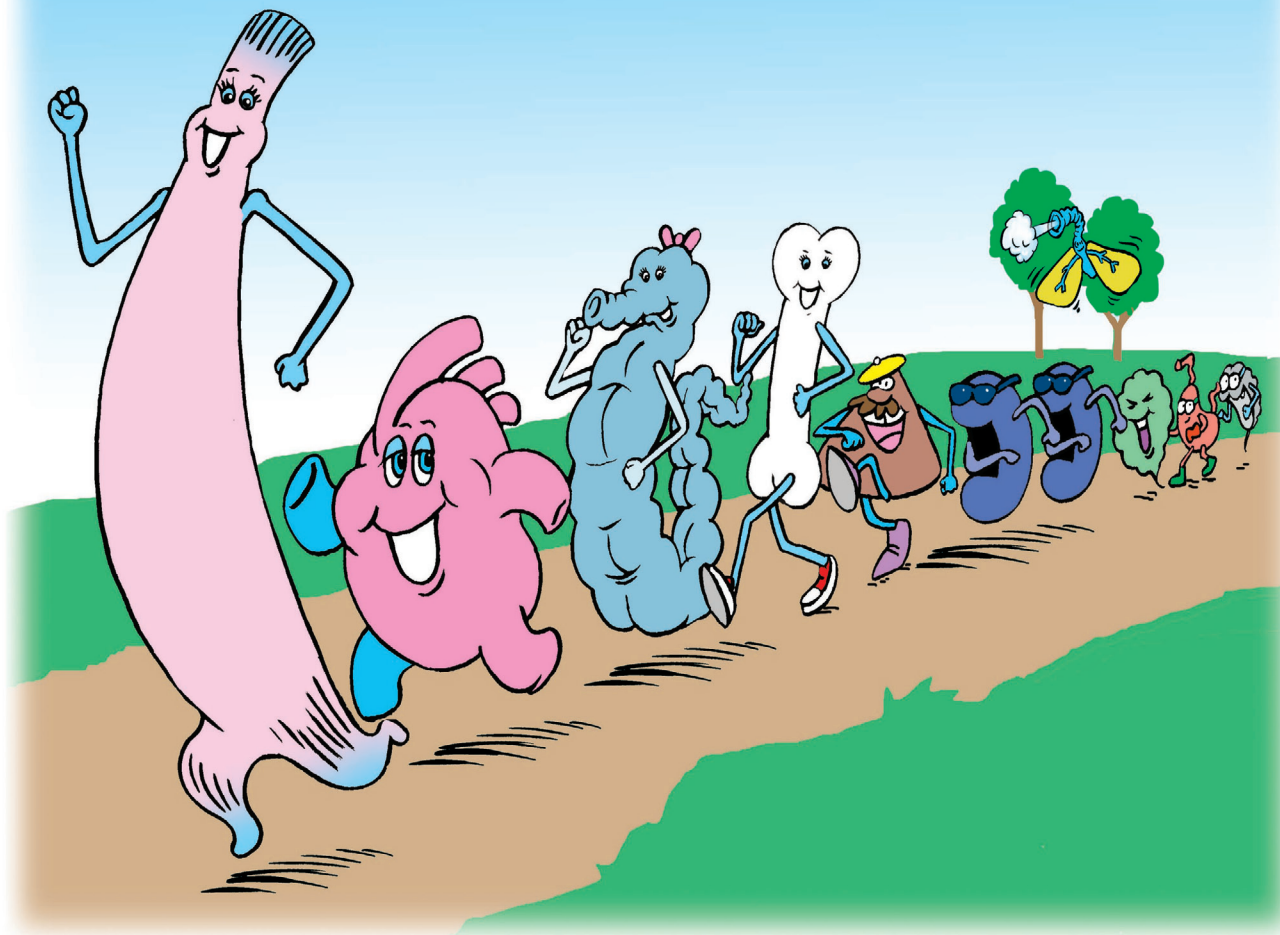


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Alabama Department of Human Resources

Food assistance helps people with little or no income buy food. To find out more, contact a county food assistance office or a county Extension office. This material was funded by these agencies, which are equal opportunity employers.

(New Club Member Name)

... is an Official Member
of the OrganWise Guys Club!



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