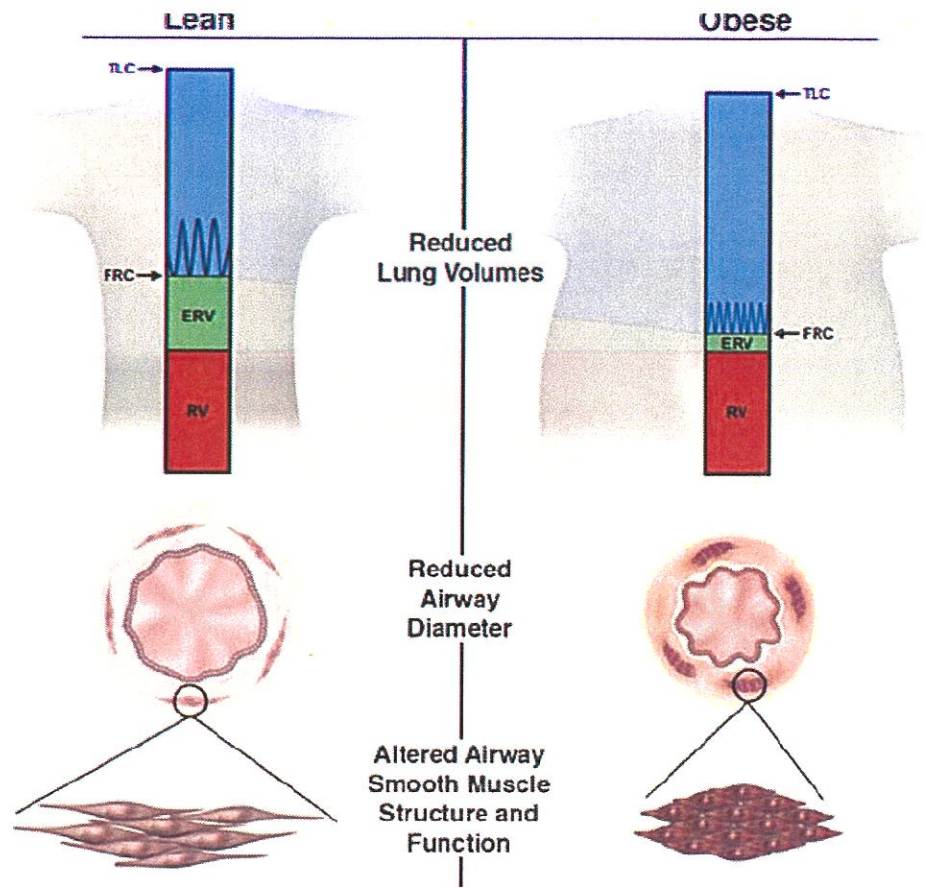


# Eat Healthy

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# Breathe Healthy

Tobacco use and obesity can make it hard to breathe. That is why we are encouraging you to set new health goals today! Set a quit date and stop destroying your lungs. Choose lean meats that will give you the protein without the added fat.



## healthy meat guide

Find yourself lost on which cuts of meat to pick? Let our dietitian help you decide.

