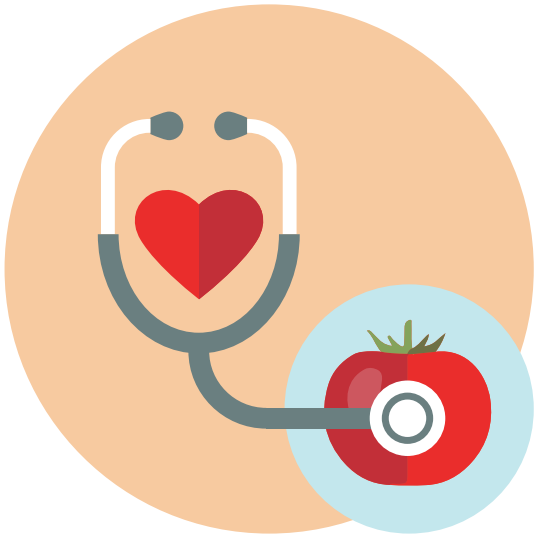


PRESCRIPTION FOR HEALTH



For _____

Date _____

Eat REAL Food

Eat More Fresh Fruits & Vegetables

Avoid Sweet Beverages

Avoid Processed Food

Exercise Daily

Eat Mindfully

Shop at a Farmers' Market

Join a CSA (*Community Supported Agriculture*)

Cook at Home

By: _____ MD