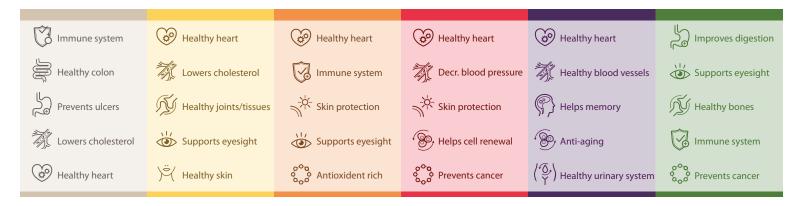


COLOR YOUR DIET HEALTHY!



What you eat and drink affects your health.

Eating fruits & vegetables of every color every day helps your health in many ways!



Your health and wellness center offers no- or low-cost lab testing that can show you how your diet may be affecting your health. You can also learn nutrition tips and tricks to encourage healthy eating and drinking, which can help prevent chronic health conditions related to diet. To learn more, contact your care team today!



