

Eat **Right** For Life

The way to good health is far easier than most imagine and holds a world of benefits that will stay with you for the rest of your life. Take the first step on **YOUR** amazing journey to healthy living by joining the Eat Right For Life Challenge!

Based on the lessons shared in the popular book, *Eat Right For Life* by Dr. Ann Kulze, this 5-week challenge will help you to:

Do Your Fats Right

Do Your Carbs Right

Eat Your Fruits and Veggies

Select The Right Proteins

Drink the Right Beverages

Sign up Today!

For more information, please visit:
www.pima.gov/hr/health/eatright/html.