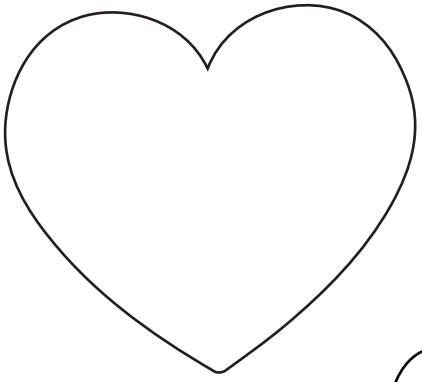
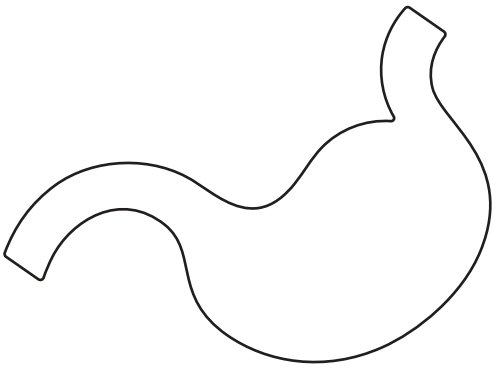
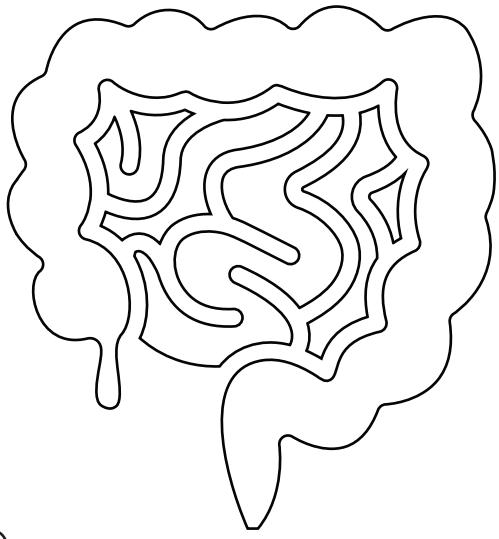
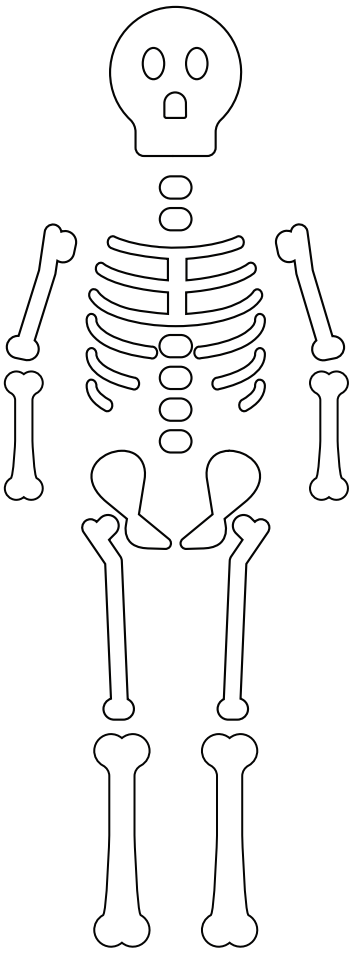
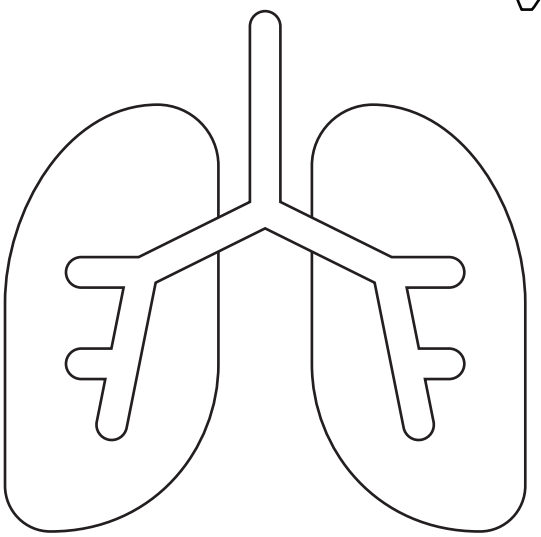
Knowing your body parts











THE LUNCH BAG

'Empowered, Educated Eating'