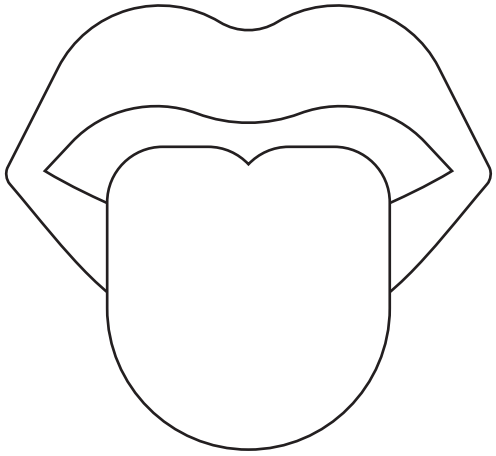
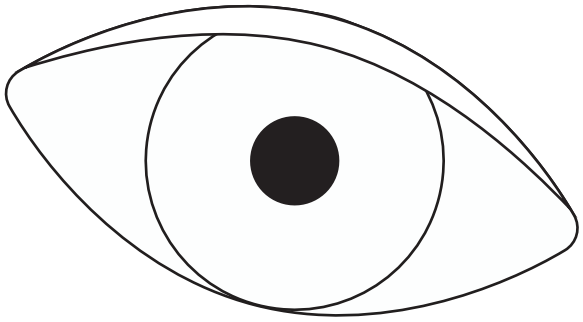
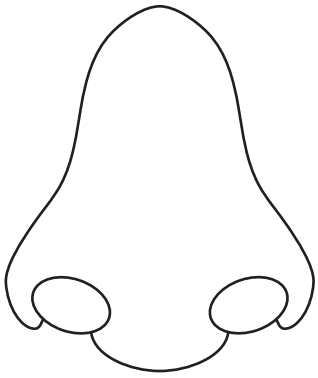
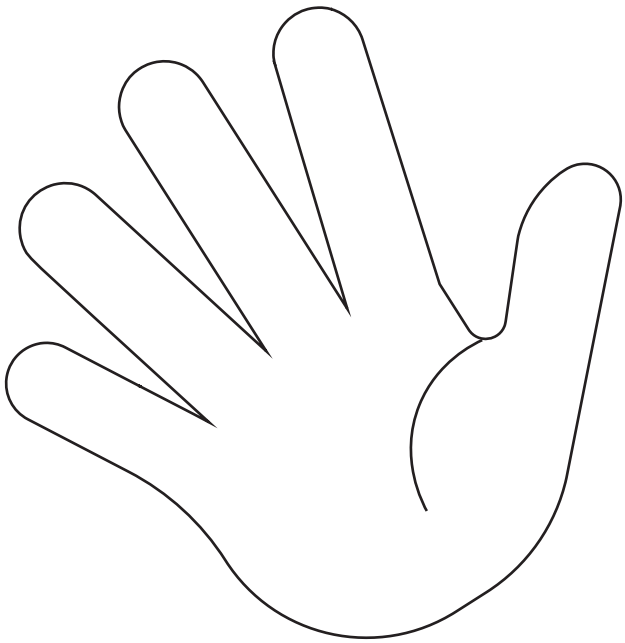
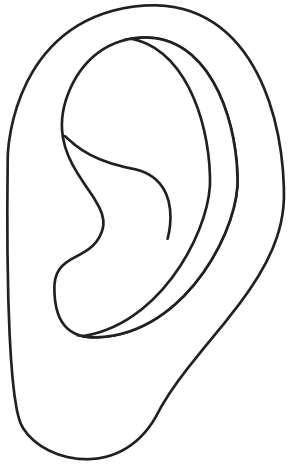
What we can do with our bodies











THE LUNCH BAG

'Empowered, Educated Eating'