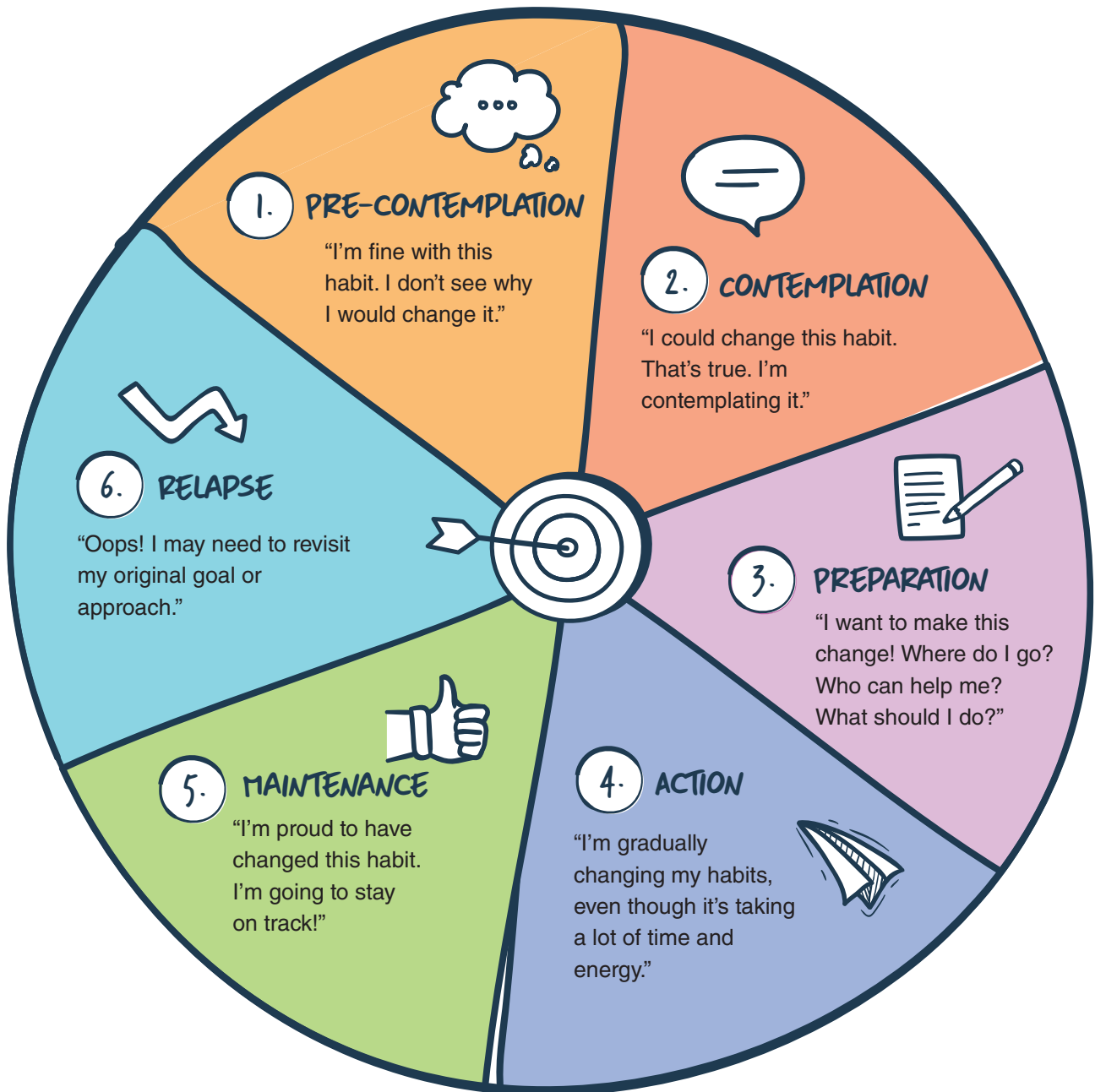


MAKING A CHANGE IN 6 STEPS



SHIFTING TOWARD A HEALTHY LIFESTYLE IS A PROCESS THAT TAKES TIME.