



vibrant life

The families in your community want good health and you can help. This special sharing issue of *Vibrant Life* addresses the reasons why most diets fail. Then it provides a different approach. Delicious plant-based recipes are included along with a section by First Lady Michelle Obama on preventing childhood obesity. This helpful magazine blends in spiritual principles that can change a person's life in more ways than just their waist size. Share it today.

Here are some ways you can share this issue:

- at Health Fairs
- at Cooking classes
- in Beauty salons
- in Doctors' offices
- as a Neighborhood outreach
- at Family health seminars

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