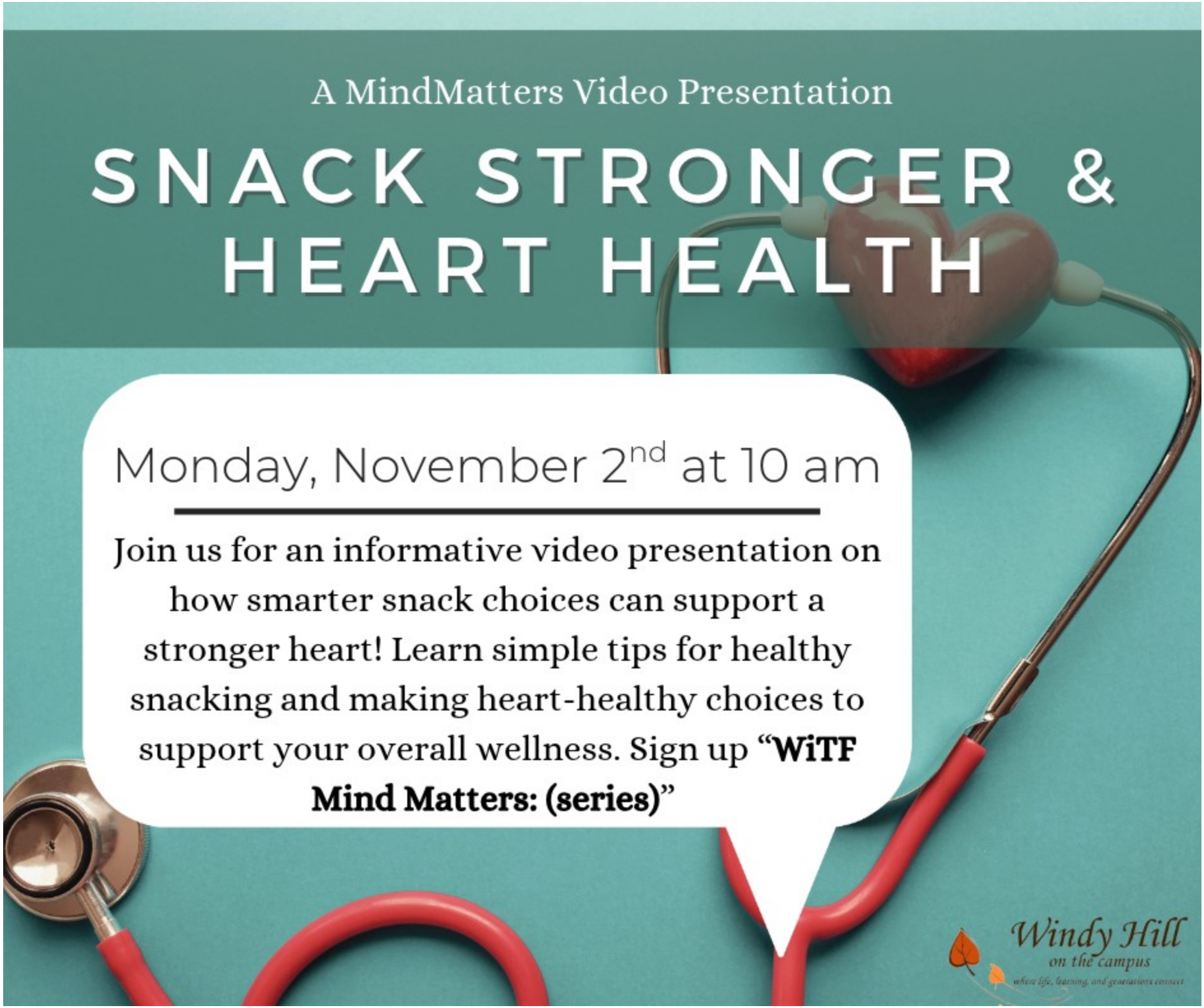
A MindMatters Video Presentation

SNACK STRONGER & HEART HEALTH



Monday, November 2nd at 10 am

Join us for an informative video presentation on how smarter snack choices can support a stronger heart! Learn simple tips for healthy snacking and making heart-healthy choices to support your overall wellness. Sign up "**WiTF Mind Matters: (series)**"

Windy Hill
on the campus