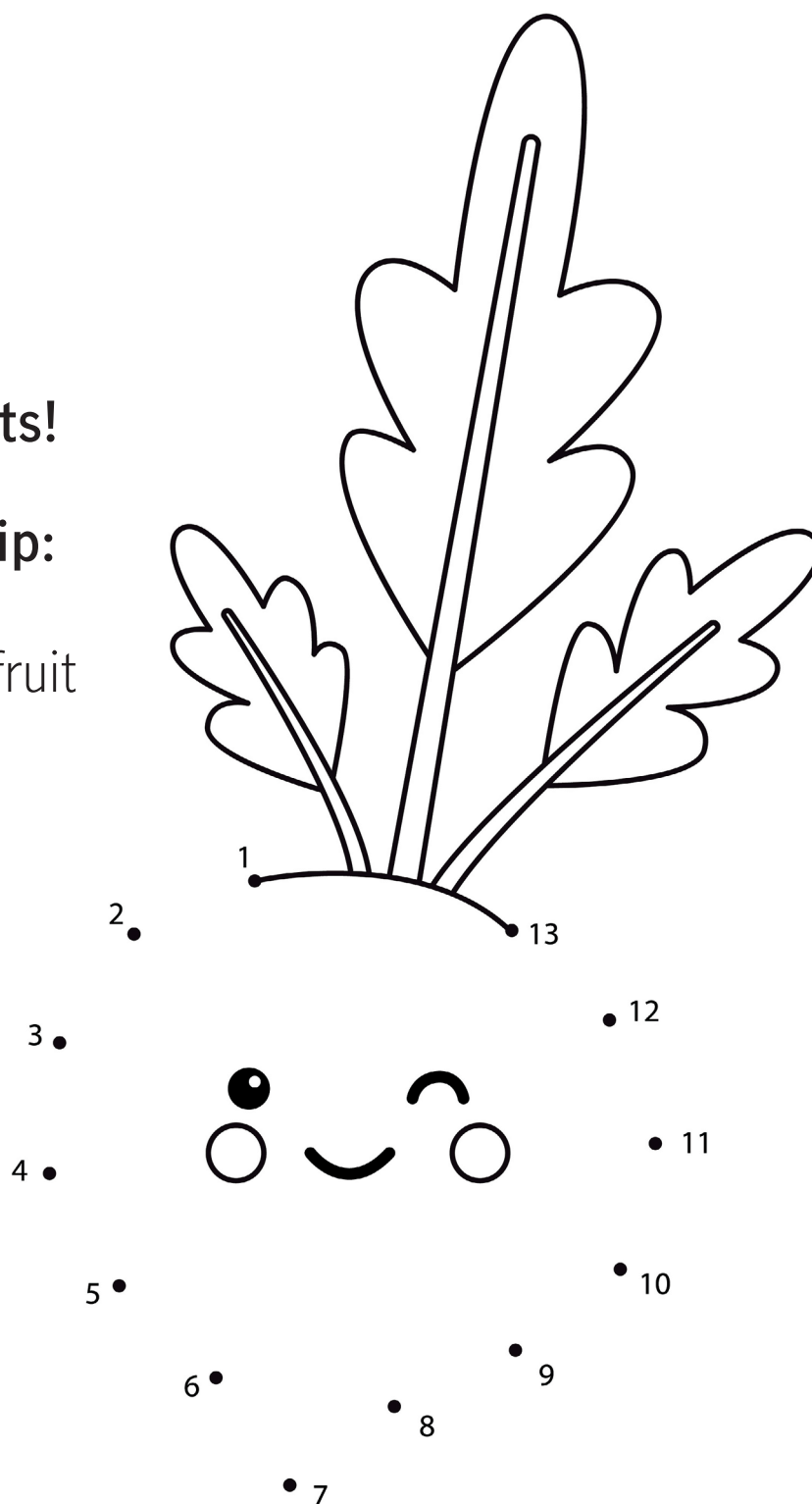


Colour me in!

Connect the dots!

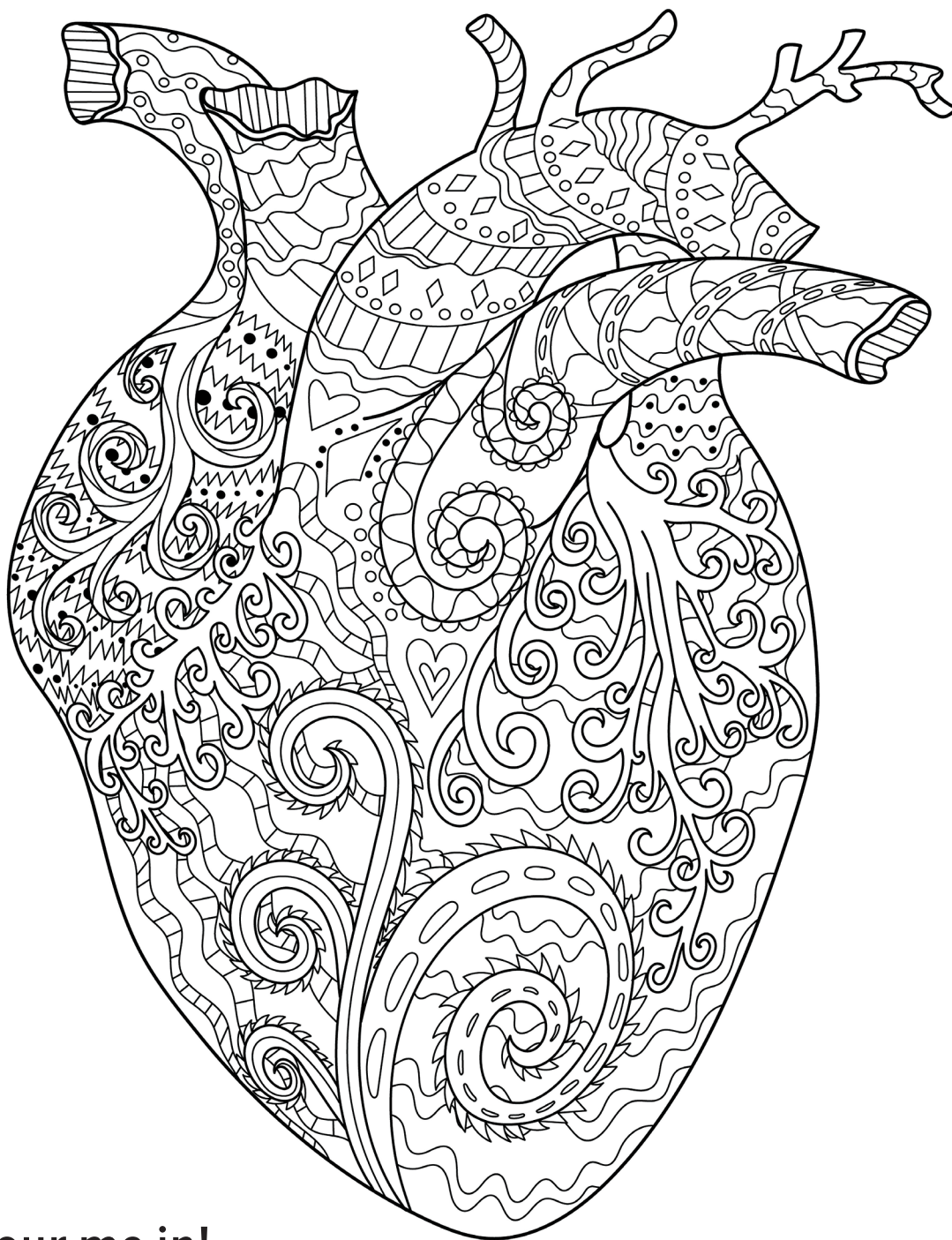
Heart Health Tip:

Eat a variety of
vegetables and fruit
with every meal.

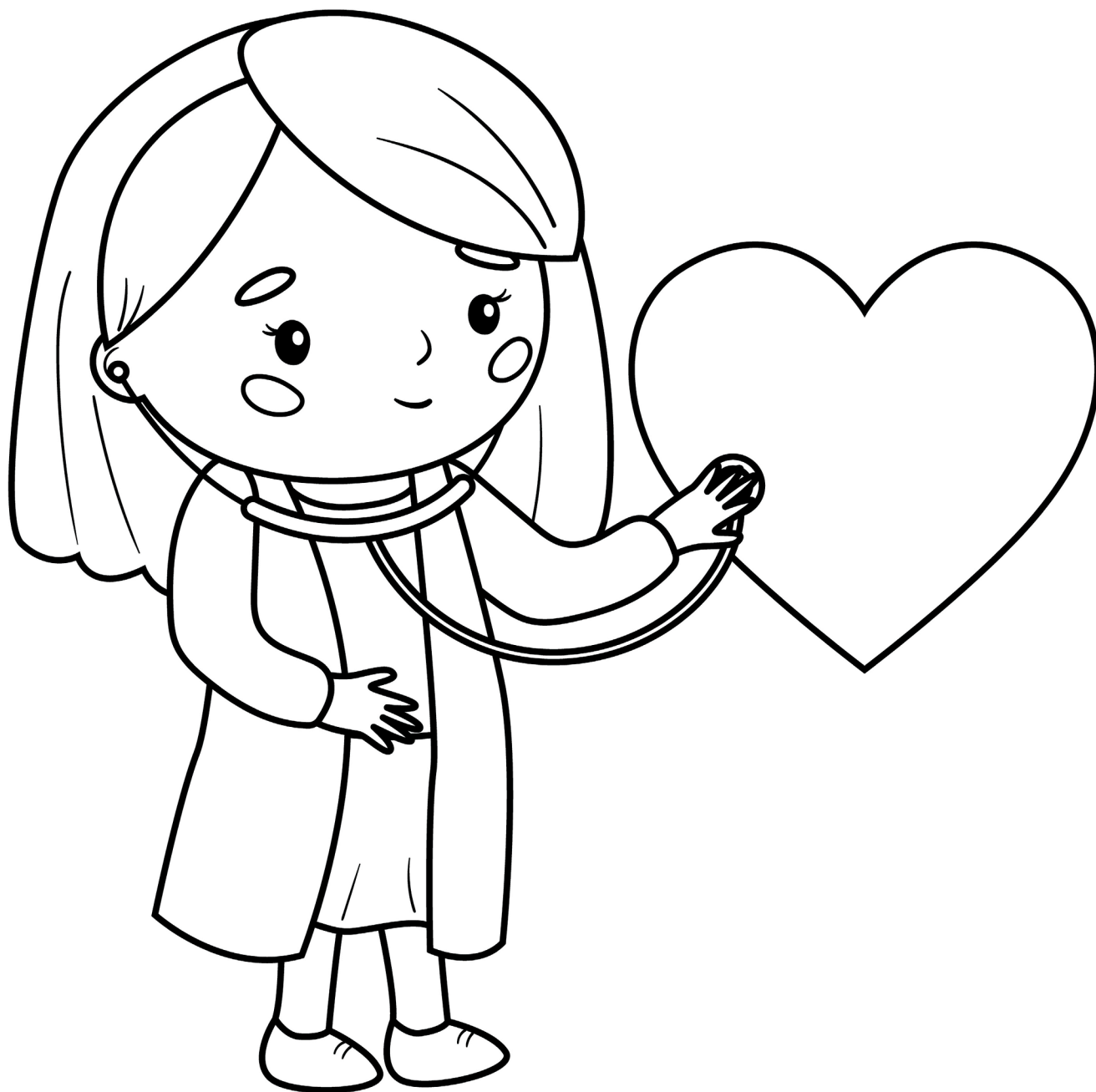


Source: University of Ottawa Heart Institute

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Colour me in!



Colour me in!