



choosewell, feel better.

**We** don't have enough of this tape to help everyone make ideal choices. Yet we do have a catch-phrase we hope will stick in your head every time you're faced with the dessert tray, the vending machine or those sugary snacks that call

your name. That phrase is **choosewell**. Learn it, live it and love the feeling of being in control of what you put in your body. And the next time a donut calls, feel free to take a message!