

## January 2016 Being active and eating healthy is fun





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Sunda	y^	londay	Tuesda	y W.	ednesday	Thursday	Friday	Saturday
	Y					Nutrition Facts  Nutrit	1	2
3		4	5		6	7	8	9
10		11	12		13	14	15	16
17		18	19		20	21	22	23
24/31		25	26		27	28	29	30