

Exercise and window-shopping at the same time?



Sounds like cross-training to us.

Having trouble getting motivated? Your girlfriends can get you moving to reduce your risk of cancer, diabetes, heart disease and stroke. When it comes to looking after your health, you don't have to go it alone.

Go for success with the power of sisterhood.

SISTERHOOD IS HEALTHY
Everyday choices for a healthier life



FOR MORE INFORMATION, GO TO EVERYDAYCHOICES.ORG OR JUST CALL 866.399.6789.