

COLOR ME ORGANWISE

Hi there,

All of the waiting is finally over! This weekend is Halloween! But, don't let the excitement get in the way of staying healthy. This brings us to trick or treating tip #4: Be sure not to eat too much candy. I know it can be tempting, all of it sitting in your bag or pillowcase after trick or treating, but just grab two or three pieces, and then hand it over to your parents, who can be in control of it. That way, you can make it last for way longer, and you won't get a stomachache from eating too much candy at once!

Keep breathin',
Windy



Windy®
the lungs

