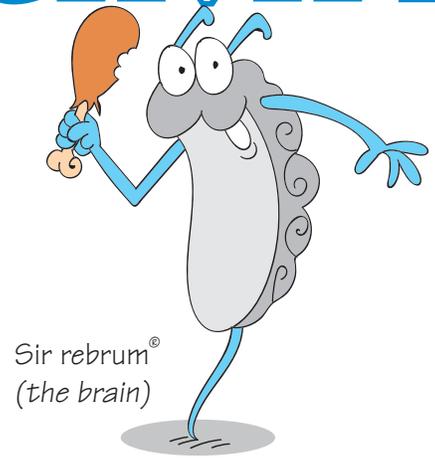


THE ORGANWISE GUYS[®] ACTIVITY

Hello hello,

Everyone is getting very excited now that it's December and Christmas is fast approaching. One thing that comes with the holidays is holiday feasts, which means lots of turkeys, cookies, and more seem to be around every corner. With all of this food to eat, it's important to remember to listen to yourself and don't eat too much. Enjoy your food, take your time eating it, and you'll be sure to stay tummy-ache free!

Think healthy thoughts,
Sir Rebrum



Decorate your own Christmas ornaments.

