

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!

COLOR N

Sir rebrum<sup>®</sup> (*the brain*)

Think healthy thoughts, **Sir Rebrum** 



©2015 The OrganWise Guys Inc. The OrganWise Guys and all related characters are registered trademarks of The OrganWise Guys Inc. Permission granted to replicate for individual use only. Not intended for resale. www.organwiseguys.com