

“IT’S A FACT...”



“...more than **half** of
**African American
Women**
are **OBESE**”

*Donna Richardson
Wellness Expert*

What can I do about it?

“Eat more **fresh produce** and **exercise** daily.
Your health will **improve** and you’ll look and feel **better**.”

“**Know** the **facts** and take action.
You’ll have a longer, **healthier** life.”

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**Fresh
Florida**