



explore

The unknown: new combinations of veggies with different grains, live adventurously in the grocery store or at the farmers market, ask questions, read the label, put some new spices in your soup.



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Eating nine servings of fresh fruits and vegetables each days plus cutting down on the fatty foods, lowers your risk for breast and cervical cancer and tones the body.

Black Women for Wellness
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Committed to the empowerment, health and well-being of Black women and girls

