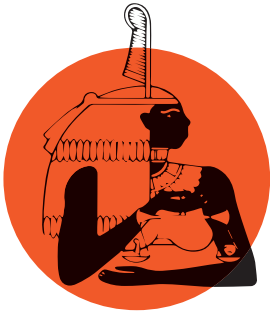




# Savor

Sweet mangoes, crunchy apples, tart kiwi, divine grapes, perfect peaches, succulent strawberries, juicy oranges, pears, persimmons, papaya, tangerines, lemons, blueberries, ahh avocados... alone or together raw or cooked...Savor

Funded in part by Kasier Community Benefit & UMMA Clinic



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

[www.bwwla.org](http://www.bwwla.org) 323-290-5955



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

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