

- ✓ Schedule yearly doctor exam.
 - ✓ Buy vitamins with folic acid.
 - ✓ Go shopping for cute shoes.
- Buy diapers.
Take Max to vet.



You are busy...

You have a household to maintain, kids to taxi, and appointments to make. Put your health on your to-do list! Do the little things today for a healthy life tomorrow.

*It's all about [^]me.
a healthy*

