Sweet mangoes, crunchy apples, tart kiwi, devine 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 day 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 323-290-5955
Committed to the empowerment, health and well-being of Black women and girls

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