

THE WEEKLY BLURB

WEEK OF NOVEMBER 9, 2020

HEALTHY TIP: GO WATER GO

- WATER HELPS ENERGIZE YOUR MUSCLES

JOKE OF THE MONTH: WHAT KIND OF VEGETABLE LIKE TO LOOK AT ANIMALS?

- ZOO-chini

BENEFITS OF SWEET POTATOES



- RICH IN VITAMIN C, E, B6, AND BETA-CAROTENE
- HEART HEALTHY
- AIDS WEIGHT LOSS
- ANTIOXIDANT RICH
- GOOD FOR SKIN AND HAIR
- LOWERS BLOOD PRESSURE
- GOOD FOR EYE HEALTH

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