



choosewell, feel better.

We don't have enough of this tape to help everyone make ideal choices. Yet we do have a catch-phrase we hope will stick in your head every time you're faced with those sugary snacks

that call your name from nine to five. That phrase is **choosewell**. Learn it, live it and love the feeling of being in control of what you put in your body – even at work!



HealthyAlberta.com
for tips, ideas, recipes and more!

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