## dr.willclower

## Health/Notes

WEEK ONE - JANUARY



## Wishing you a happy, healthy New Year in 2014



## Make 2014 a "Win-Win"

Eliminate fake foods and synthetics.

Find some fun activity...then DO IT!

Don't sweat the small stuff...it's all small stuff.

Stay away from dumb diets.

Return to the family table.

Don't eat so darn much!