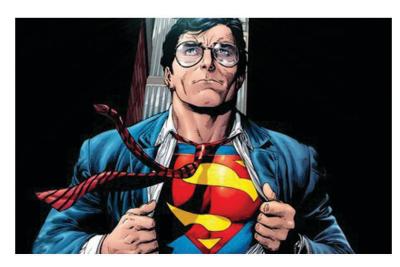


**WEEK THREE- JULY** 



This July

Stay Cool in the Heat



Blueberry Is The Clark Kent Of All Foods!

## The Blueberry Is July's SUPER Food

All July, the Blueberries are in!!

They are great for your memory, a monster anti-oxidant, and can help prevent cancer!!

Underneath that mild mannered blue skin is a true SUPER food!!

