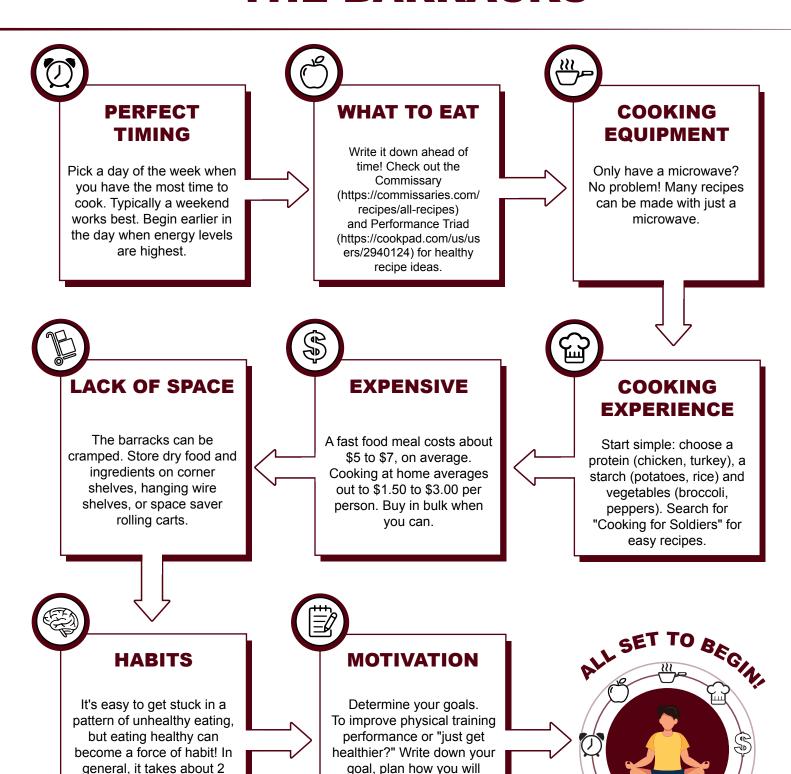
## EATING HEALTHY IN THE BARRACKS



achieve it, and determine

how you will measure success.







months to form a new habit,

and it takes work!

