

Health Tips from Maple Stamping

- You are what you eat, so what you eat should be healthy – Stephem Dover
- Eat vegetables at every meal – Mary
- Drink water with lemon every morning – Primrose
- Exercise your heart and lungs to keep them strong – Stephem Dover
- Drink lots of water throughout the day – Sherryl Vincent



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA