



*in* **MAY**

*and all year round*

*Health Focus* **APPRECIATE YOUR BODY  
WITH EXERCISE**

*Color Cue* **GRATEFUL PINK**



Share Your Actions | Stories | Photos | Videos

at [12Habits4AllOfUs.org](http://12Habits4AllOfUs.org) **WORKS!**    

This poster is one of the motivational multi-media components of **12 Habits 4 All of Us Campaign**. It is proven, through 12 shared practices, to help inspire unity and personal empowerment by strengthening cooperation and positive motivation in families, schools and communities.

For more information about materials, or training please visit our website at [12Habits4AllOfUs.org](http://12Habits4AllOfUs.org) or E-mail [elaine\\_parke@yahoo.com](mailto:elaine_parke@yahoo.com) or call Elaine Parke 814.779.2060. Parke's book, *The Habits of Unity, 12 Months to a stronger America*, is available in print or kindle at all national book outlets.

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