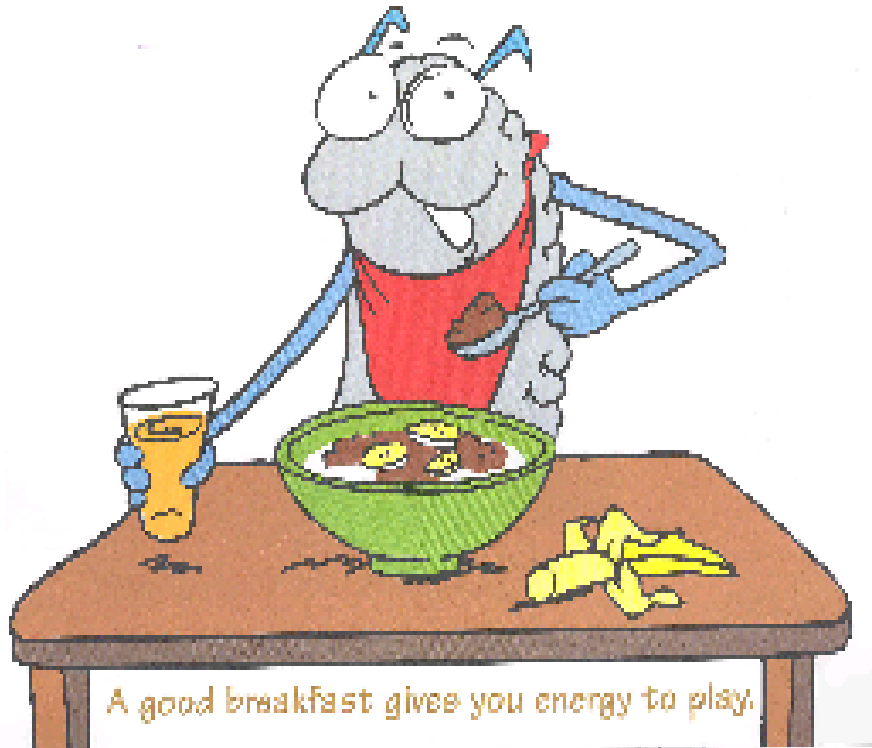


Health Tip of the Month: **Start Your Day With Breakfast**



Start Your Day Right. Make time for breakfast.

Eating Breakfast has many benefits:

- Reduces fatigue and sleepiness in mid-morning hours
- Helps banish the blues
- Improves concentration
- Increases alertness
- Helps you function more efficiently
- Helps maintain weight (calories consumed earlier in the day are more efficiently utilized)
- Generally improves diet (less snacking)