



## ***Healthy Hints from Hemo and Friends***

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Be the first to join forces with Hemo, HoG's mascot, and his friends, Factor Fido and Calendar Cat as they make their first appearance together in our new activity book, *Healthy Hints from Hemo and Friends*. This terrific trio introduces 8 Healthy Hints to improve eating habits and increase physical activity into our busy lifestyles. With crossword puzzles, mazes and mystery messages, this activity book is guaranteed to provide hours of family fun! Don't miss out on your opportunity to discover how easy it is incorporate a few extra minutes of fun physical activity and healthy eating habits into your daily schedule. Copies of *Healthy Hints from Hemo and Friends* are available at client events, or contact Shannon at the HoG office to get your copy today.