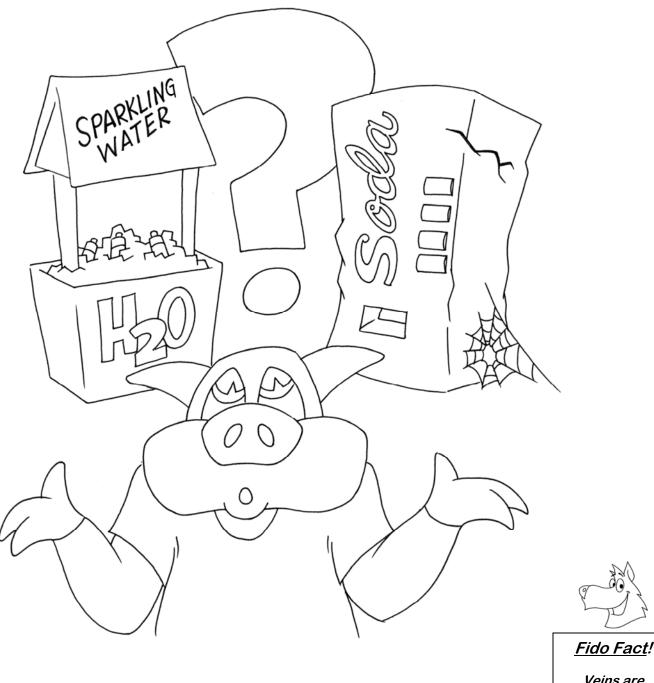
Help Hemo Choose!

Color in the picture below and circle the healthy choice for Hemo



Veins are easier to find for infusions if you drink plenty of water

Healthy Hint # 6

Drink at least 2 glasses/bottles of water a day instead of soda