
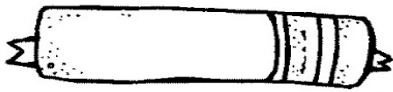



The Word of Wisdom




That the Children may Live Long and be beautiful and Strong 

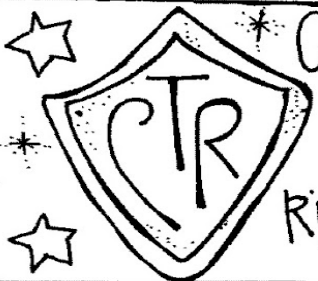
for health and strength and daily food we praise thy name, O Lord.

Doctrine and Covenants 89






Heavenly father gave us the Word of Wisdom because He s US!

eat    fruit

 * Choose The Right *

and say "NO!" to things bad for us
BE LIKE DANIEL

eat    veggies



eat very little sweets! 

 to keep our bodies healthy and strong!

EXERCISE

drink  Pure water

eat meat sparingly 

PRAY