

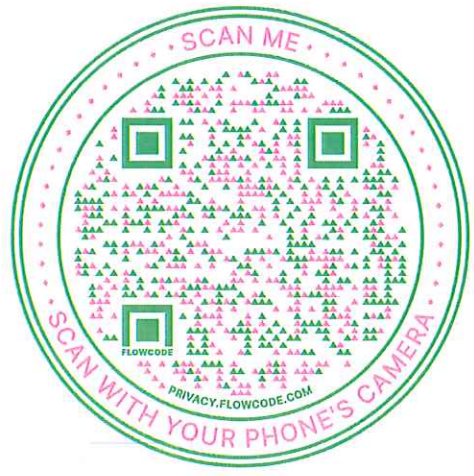


SAVE TIME. SAVE MONEY. EAT HEALTHY.



# TEXT2BHEALTHY

Receive 1-2 texts per week to keep your family healthy & active



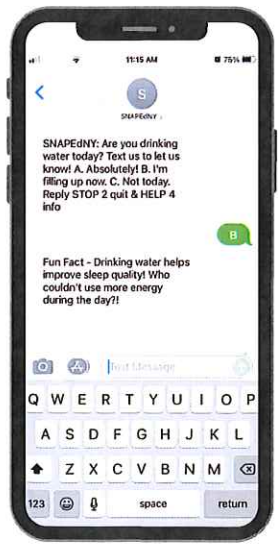
**SCAN THE CODE TO SIGN UP!**

**OR Sign up by texting  
Niagara Falls to 89860**

Standard texting and data rates apply

- Time-saving solutions
- Tips for saving money
- Tricks to eat healthy
- Meal ideas

Local events, classes & more



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