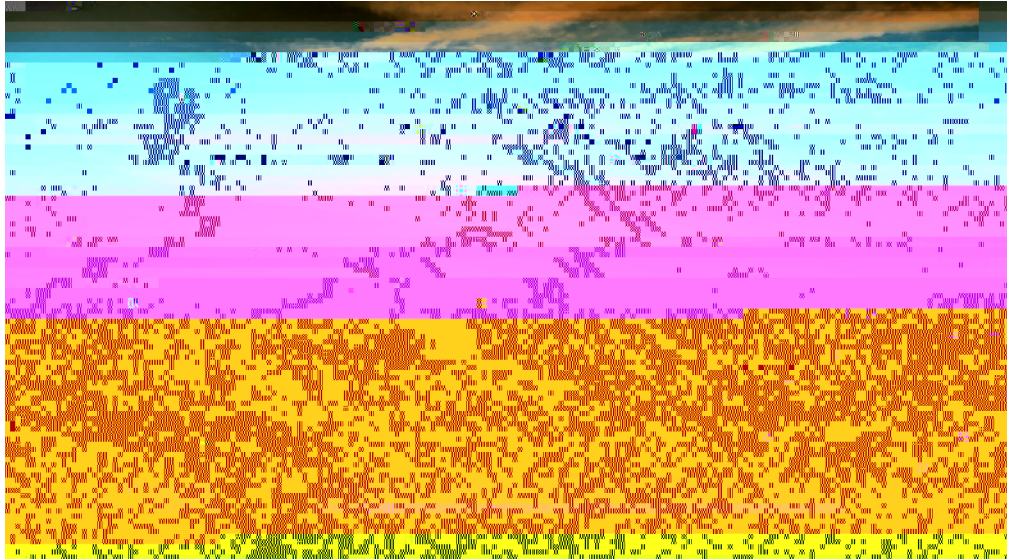


# HEALING AND EMPOWERING ALASKAN LIVES TOWARDS HEALTHY HEARTS

Some behaviors to keep in mind are:



EATING TRADITIONAL FOODS

QUALITY OF LIFE

