<table>
<thead>
<tr>
<th>Background</th>
<th>Analysis (continued)</th>
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<td>Current Condition</td>
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<td>Analysis</td>
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</tbody>
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- Project created & implemented
- Follow up noticeable business debt & general clinic & patient follow-up
Beverages

Drink water: drinking 2 cups of water before eating can help you feel more satisfied.

Use water as your main beverage to maintain hydration.

Your Guide to Weight Loss

Physical Activity
- Avoid sitting for long periods. Move.
- Use stairs instead of an elevator.

For more info, visit
Choosemyplate.gov

For References contact Phoebe F. Hall, RN through the Providence Community Health Center.

Formulated by Phoebe F. Hall, RN
FACSIMILE COVER SHEET

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COMMENTS: 

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