

**YOU CAN AND WILL BE HEALTHIER, WEALTHIER  
AND HAPPIER WHEN YOU FOLLOW THIS PLAN!**

Please follow these steps:

1. It is important that when you become a Family Health Member that six or more members join.
2. You can build an online family to communicate with for the next five years.
3. Use and share these goal pages. You may have many goals.
4. If your organization or company wish to advertise on a cargo trailer on the farm be sure to email us!

[familyhealthfarm@hotmail.com](mailto:familyhealthfarm@hotmail.com)

5. Contact us for franchise opportunities