The way to good health is far easier than most imagine and holds a world of benefits that will stay with you for the rest of your life. Take the first step on YOUR amazing journey to healthy living by joining the Eat Right For Life Challenge!

Based on the lessons shared in the popular book, *Eat Right For Life* by Dr. Ann Kulze, this 10-week challenge will help you to:

- Conquer Your Carbs
- Give Yourself An Oil Change
- Get Obsessed With Fruits And Veggies
- Select The Healthy Proteins
- Drink the Right Beverages

*Sign up Today!*

*For More Information*

Healthy-Sooners@ouhsc.edu