Eat Breakfast!

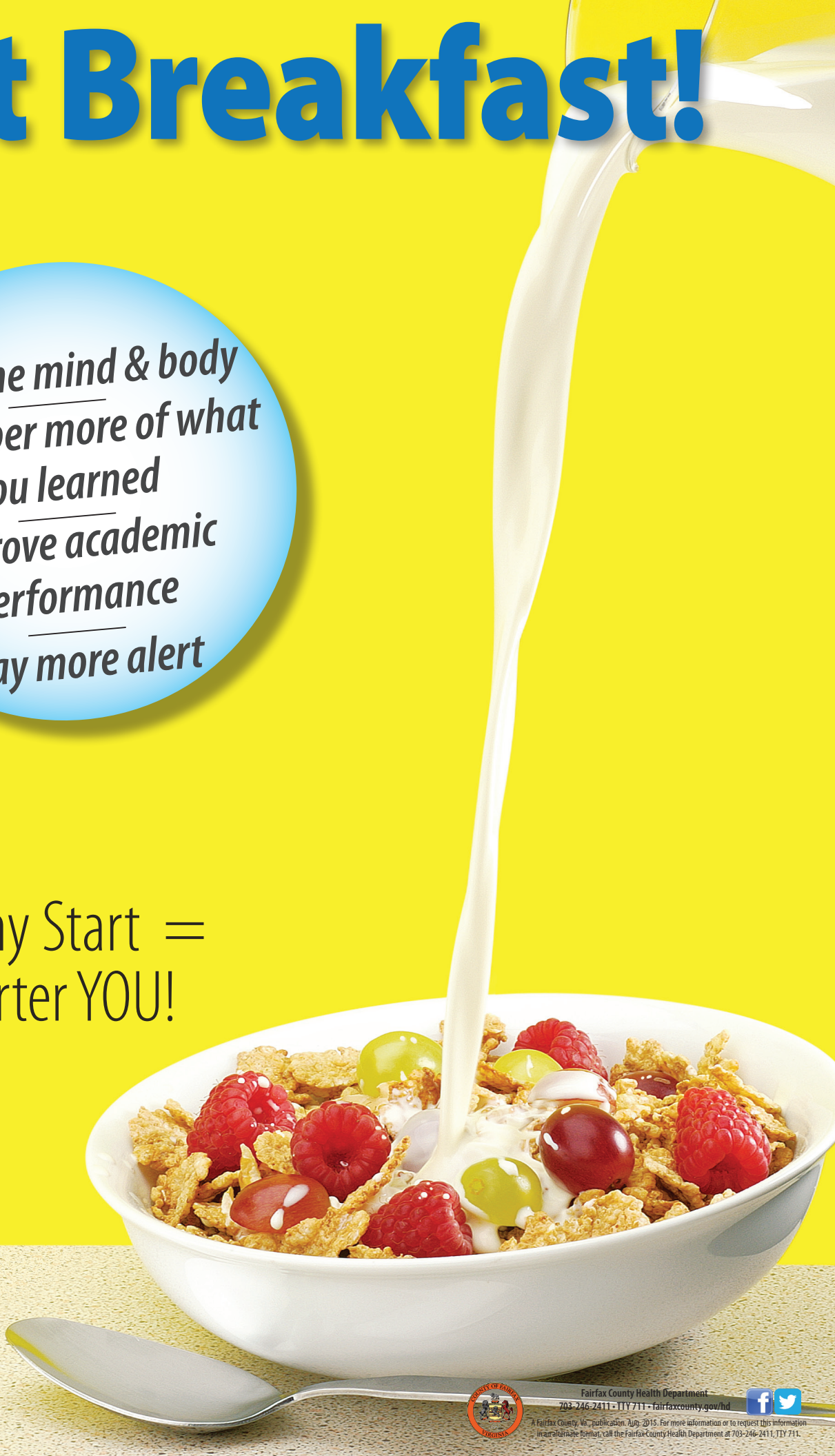
Boost the mind & body

Remember more of what you learned

Improve academic performance

Stay more alert

A Healthy Start =
A Smarter YOU!



SCHOOL HEALTH SERVICES
HEALTH PROMOTION

Fairfax County Health Department
703-246-2411 • TTY 711 • fairfaxcounty.gov/hd

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