

# FROM THE CREATIVE MIND OF Gray

## JANUARY

Hope everyone had a wonderful holiday!

We are ready to set new sensibly goals for 2012, to become a healthier person.

We have a new Area Captain Linda Arrington. She will take some of my chapters. Tx. 64, 92, 460, 867, 1061, 1080, 1305, 1639, 1692. She is a very nice lady I know she will give you wonderful care.

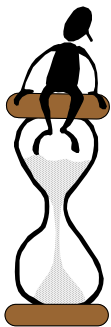
I would like to thank each member, and chapter for letting me serve them. I have made a lot of great friends; an I will see you at fun days and SRD. I wish each of you the best on your road to a healthier member.

New Year



New You!

Please be sure and get you end of year paper work to Cindy.



To the rest of my chapter please let me know when I can come a visit your chapter with the new A/C program for 2012.

”Worthwhile things like my health—require patience and work.”



Make a potato your main entrée. Top a small potato with one of these “toppers”:

Fat free sour cream and chives

Spray margarine and salt –free seasoning or pepper.

Your favorite salsa

Lemon juice and pepper.



**HAPPY NEW YEAR 2012**

Kay Gray A/C 5936\_\_817-239-8307