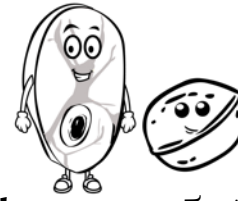


April 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Pick lean meat for a healthy heart



3	4	5	6	7	1	2
10	11	12	13	14	8	9
17	18	19	20	21	15	16
24	25	26	27	28	22	23
					29	30

