

"mom, I've grown a lot since  
you FIRST saw me"

Health Central #5	18347	16 Jun	Tib0.4	MI 1.3
	C5-2 OB/Gen	8:47:34 am	Fr #23	12.4cm



"I couldn't have done it without YOU."

Give yourself credit  
for a job well done.



**Arizona Department of Health Services**

Bureau of USDA Nutrition Programs

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