

*If You Don't Take Care of Your
Body, Where Else are You
Going to Live?*

To view the video, scan this
QR code, or go to:
<http://a4l.me/healthy>

How did your A4L Team
Leader help you with your
transition? Share your story
on social media, and tag
#a4lclub.



Scan With Camera

Anchored  **Life**