

- The root of the problem lies in the spirit of individuals.
- If someone does not feel good about themselves, how can you expect them to eat healthily or care what they put in their body?
- If you work on the spirit first, the mind and body will follow.

- By providing community events that center healthy eating and wellness initiatives, residents will begin to think systematically about their food choices to drive wellness.
- Residents will begin to have a positive attitude about themselves.
- Residents within the community will begin to trust and believe in each other and in themselves.

