

Champions for Change



I encourage everyone to eat healthier meals and less fast foods.

Eva T.
Champion for Change

Society Change

Growing up, I did not see the level of obesity that I see now. We were more active and there were fewer fast food restaurants.

Have More Energy

I decided to give up meat for Lent. Now I feel more energetic and less sluggish. I may give up meat for good.

Hope for the Future

I am encouraged. I am making healthy choices in my life and help others to make healthy choices in their lives as well.

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Santa Clara County
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