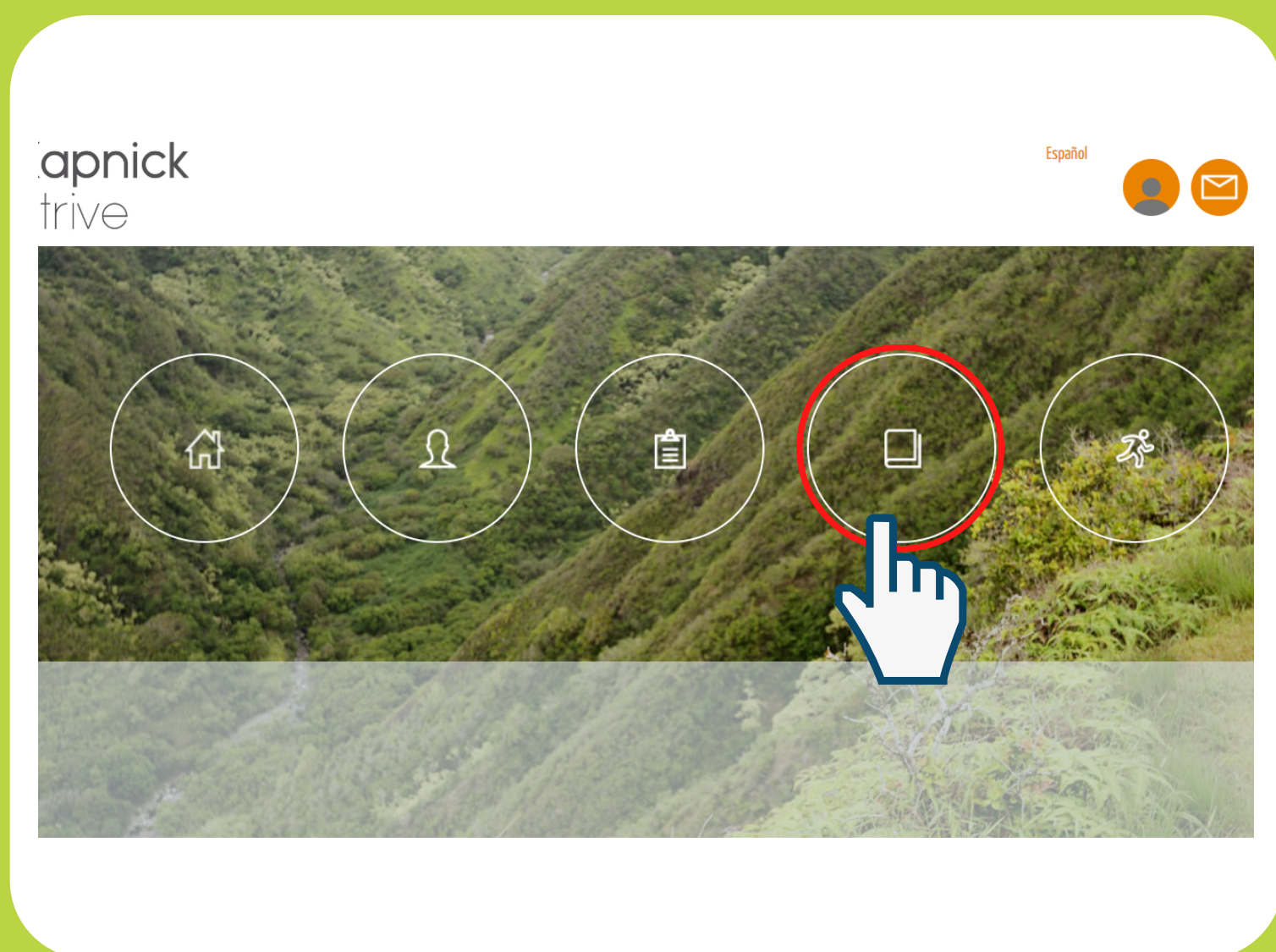
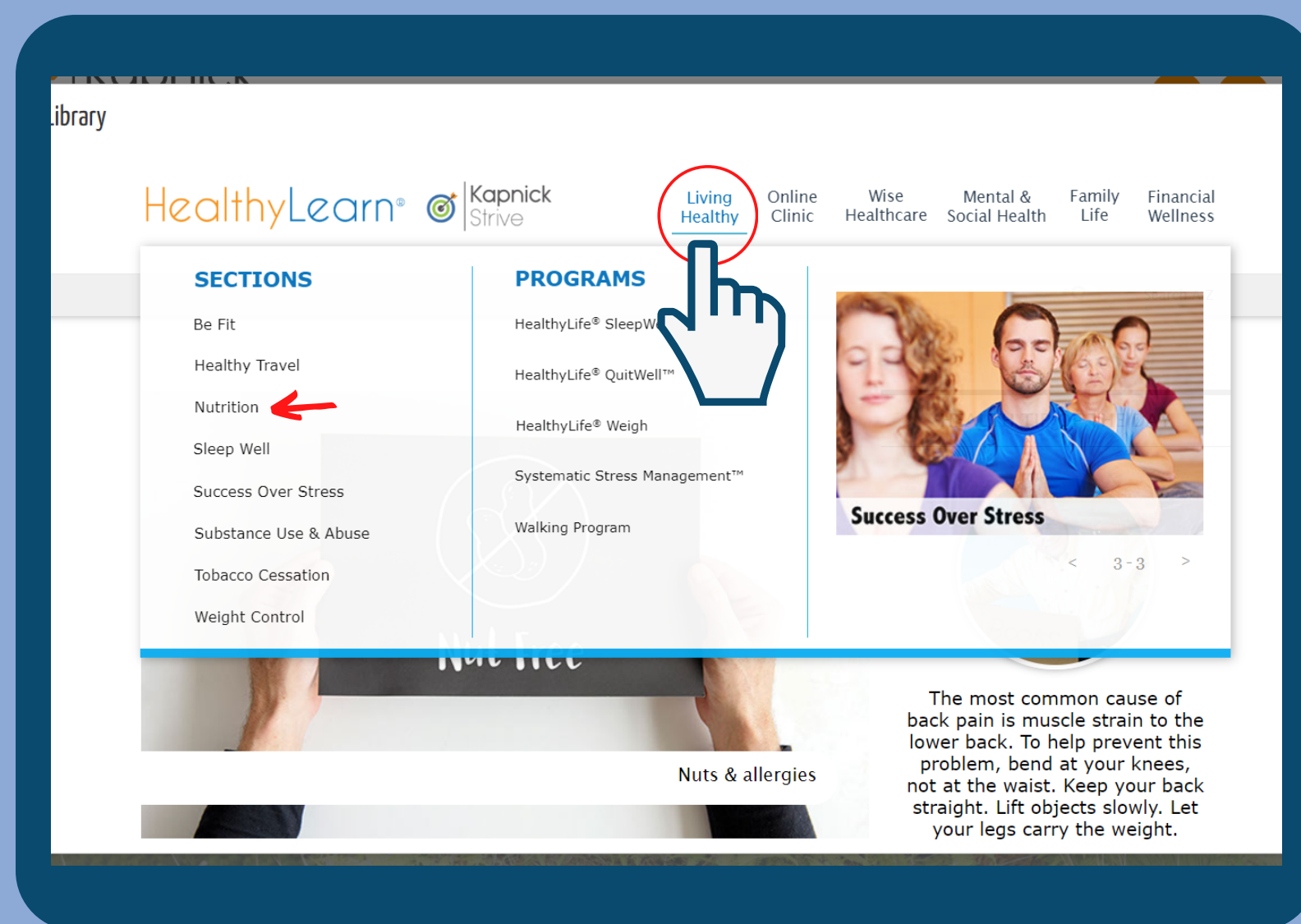


FIND HEALTHY RECIPES AT KAPNICKSTRIVE.COM/DHS

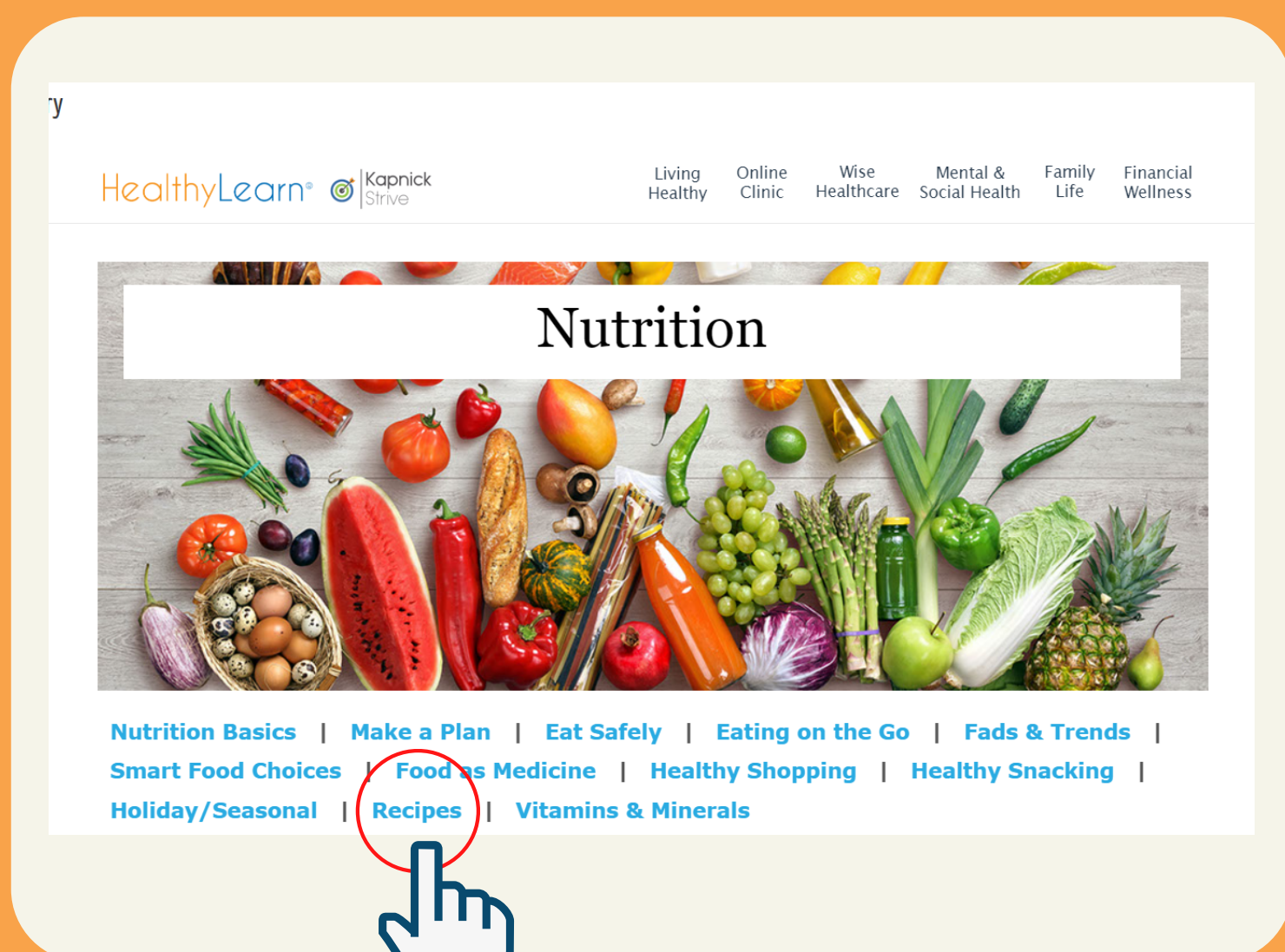
DETROIT
HISTORICAL
SOCIETY



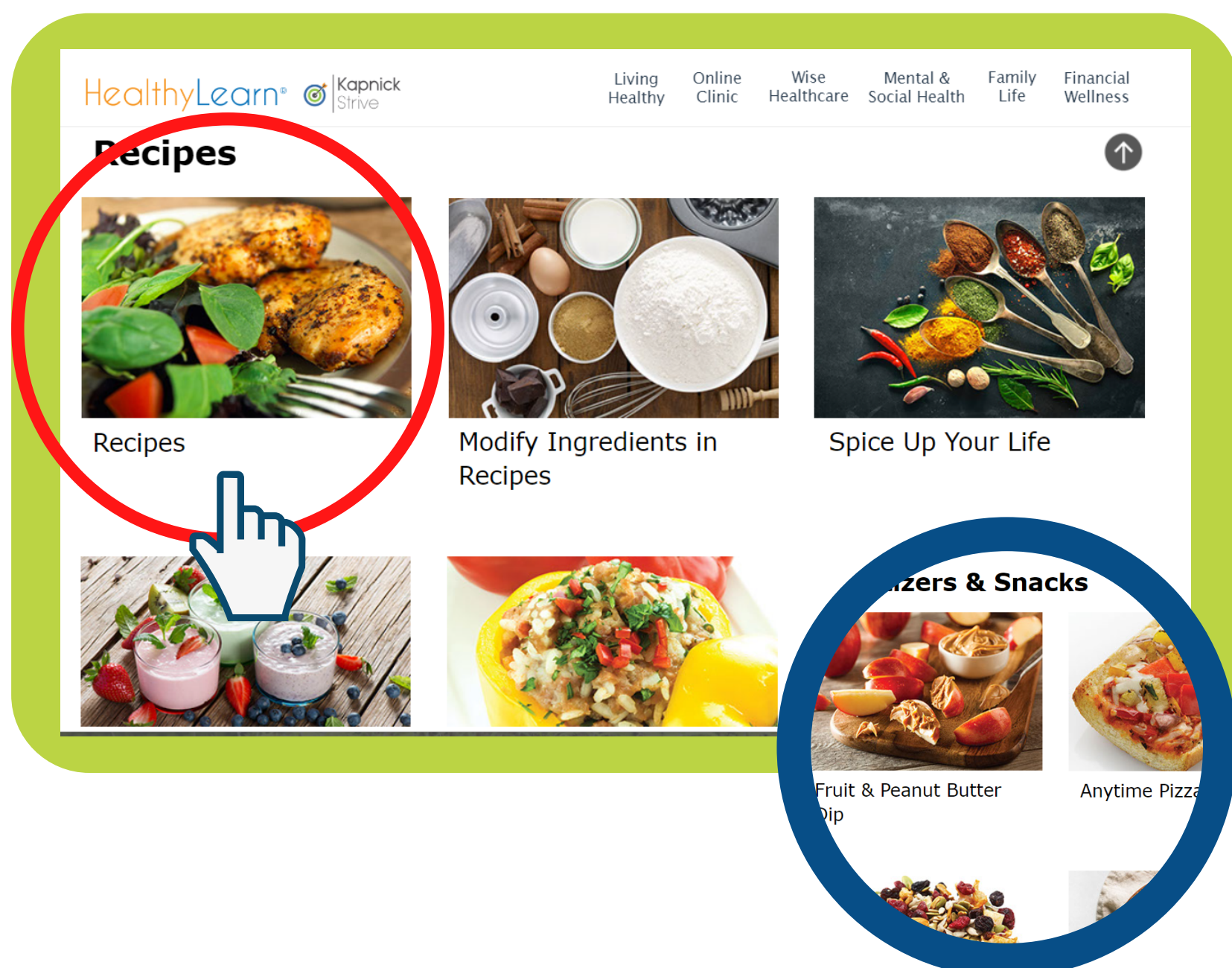
1 After signing in to kapnickstrive.com/DHS, navigate to the circle titled "HealthyLearn Library."



2 After the HealthyLearn Library pops up, hover over the "Living Healthy" tab and click on the "Nutrition" section.



3 On the Nutrition page, click on "Recipes." You may need to scroll down to see the options.



4 Click on "Recipes" to view healthy & tasty meals, snacks, & desserts!