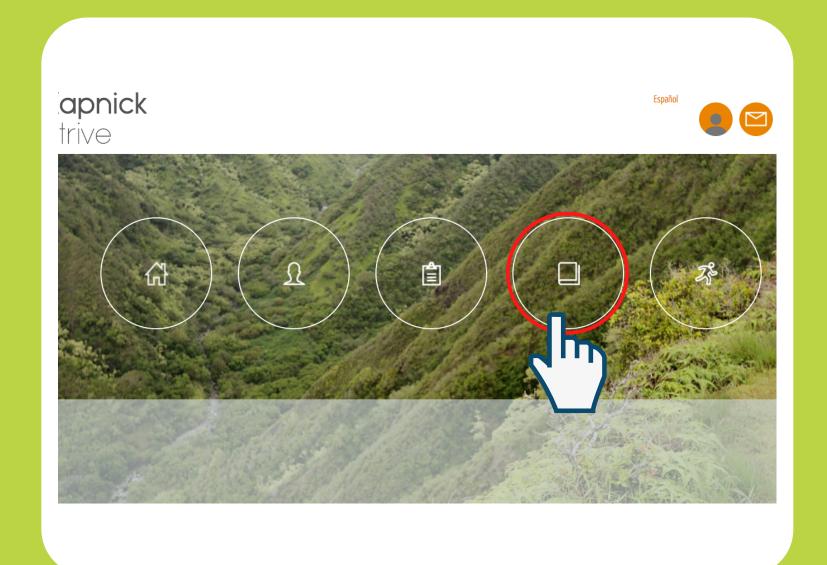
FIND HEALTHY RECIPES AT KAPNICKSTRIVE.COM/POWELL







ibrary. HealthyLearn® @ Kapnick Financial Mental & Healthcare Social Health **PROGRAMS SECTIONS** HealthyLife® SleepW Healthy Travel HealthyLife® QuitWel Nutrition HealthyLife® Weigh Sleep Well Systematic Stress Management Success Over Stress **Success Over Stress** Walking Program Substance Use & Abuse Tobacco Cessation Weight Control טוון טויין The most common cause of back pain is muscle strain to the lower back. To help prevent this problem, bend at your knees, **Nuts & allergies** not at the waist. Keep your back straight. Lift objects slowly. Let your legs carry the weight.

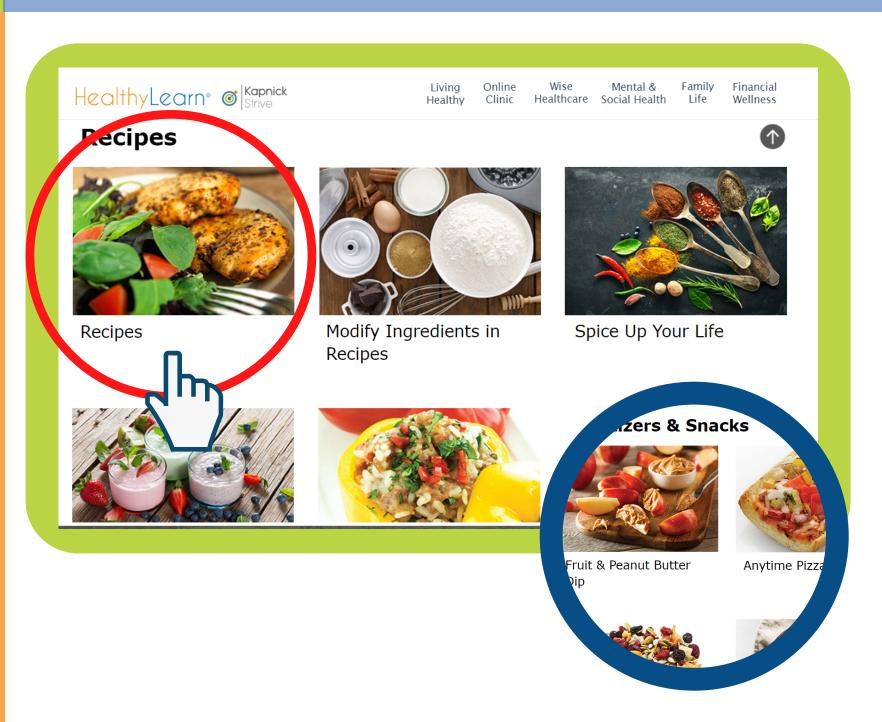
1

After signing in to kapnickstrive.com/powell, 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.





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!