

TAKING CHARGE IN MEADOWLAND

“Now, once upon a time in a faraway land!

Lived a little mouse that ate till he could not stand!

Candy and sweets were his favorite treat!

He scarfed them all down and then he went to sleep!

But little did he know that outside of his house,

Prowled a furry cat that was ready to pounce, ready to trounce,

This little lazy mouse who weighed by the ounce.

Now our little lazy friend had a saving grace,

She battled the cat until there was no trace,

She ate like the rainbow and lifted some weights,

And got our lazy friend to pick up the pace!”

“It’s Your Health, Take Charge!”

