

Poem

What Is A Healthy Woman?

A healthy woman has inner peace,
she knows what she can control,
and what she cannot.
She accepts her role.

A healthy woman is kind,
she feels compassion for others;
She chooses to share what she has
with those who struggle.

A healthy woman fortifies her body,
with wholesome foods and clear, clean water,
so her health from within
glows on her skin.

Brian H.
Age 14