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Uplift Conference

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Stop Hunger Now

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"The food you eat can be either the
safest and most powerful form of medicine
or the slowest form of poison."

-Ann Wigmore

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"If you don't take care of your body, where

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Tuskegee University Department of
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Contact us:

"Health is a state of complete harmony of
the body, mind and spirit. When one is free
from physical disabilities and mental
distractions, the gates of the soul open."

- B.K.S. Lyengar

