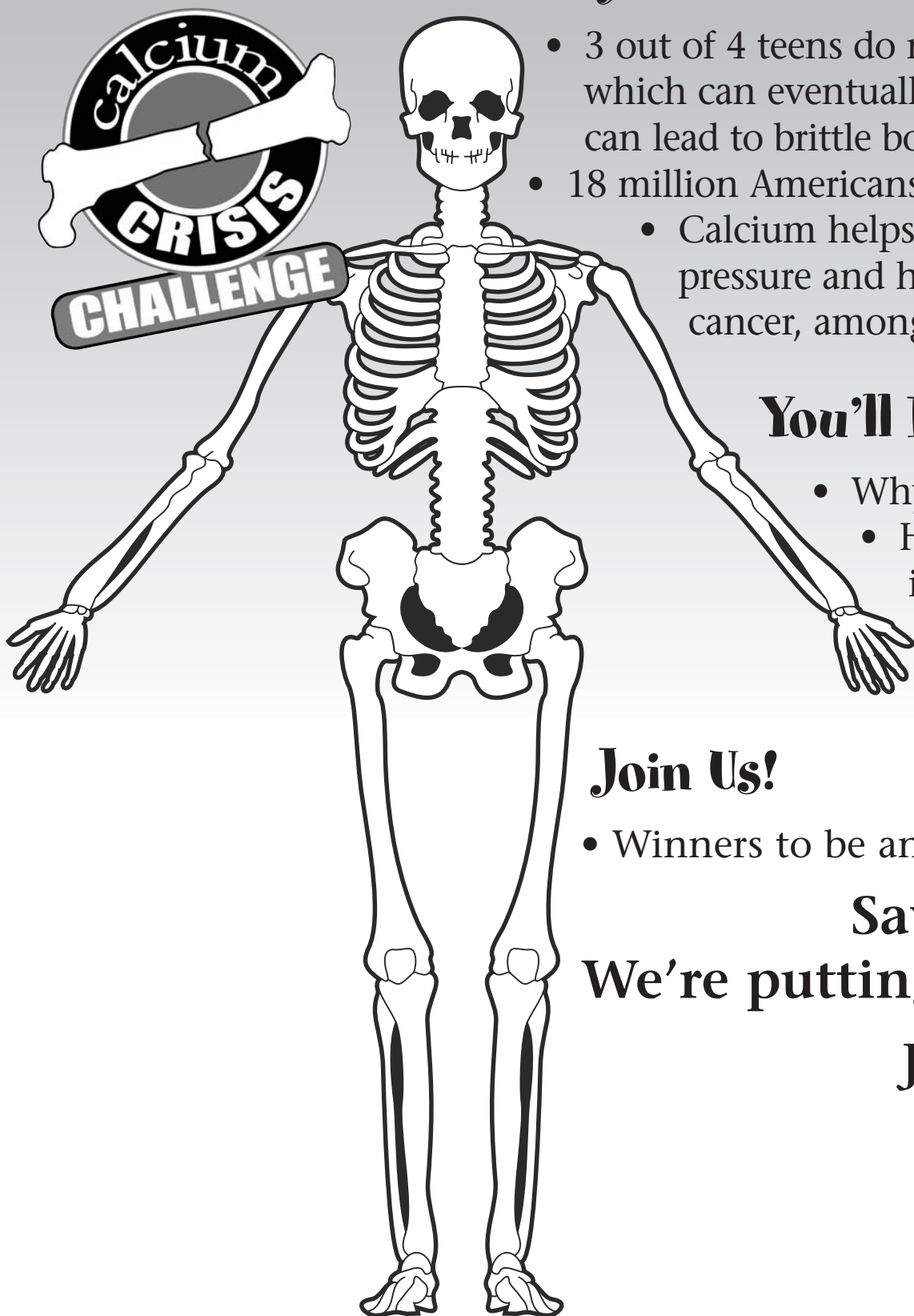


# JOIN US FOR THE FIRST ANNUAL CALCIUM CRISIS CHALLENGE

**A FUN-FILLED EXHIBITION THAT EXPLORES CALCIUM -  
THE HEALTHY BONE BUILDER - AND NEW WAYS TO SOLVE  
THE TEEN CALCIUM CRISIS IN AMERICA**

Part of a nationwide competition where 6-8th graders creatively inform teens about the importance of calcium-rich diets and offer imaginative solutions to the calcium crisis.

## Did you know?



- 3 out of 4 teens do not eat enough calcium-rich foods, which can eventually foster osteoporosis – a disease that can lead to brittle bones that break easily and mend poorly.
- 18 million Americans are calcium deficient.
  - Calcium helps promote weight loss, lowers blood pressure and helps prevent breast and colon cancer, among other benefits.

## You'll Discover...

- Why calcium is essential to strong bones.
- How you can improve your calcium intake – and your health.
- Lots of imaginative displays – from videos to sculptures, skits to songs.

## Join Us!

- Winners to be announced at

**Save the date!**

**We're putting the brakes on breaks!**

**Join us at:**

*Sponsored by the farm families who own Cabot Creamery as part of Cabot's on-going educational and cultural outreach programs for youth.*

**CABOT**  
Vermont

**DAIRY FARMER OWNED SINCE 1919**

