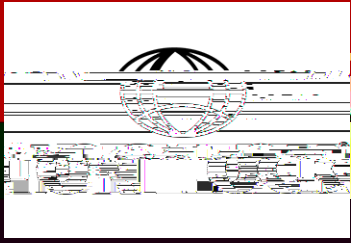


Live Well



hp g%e bg rh a mk em bægg ll l B e m  
ngnrk m %a mk em bægg ll l g hf ø  
nak mgbg Bg n%a mk em nala a o  
g hg na kl bg na Ngbn mml



qihlnk rh ghkf ehkikhøg a m g  
anf b b m p b r a h n m k ø h k j n m ø b l g  
nl o k h n l a m k e m bægg ll l A k k l h f  
h f f h g m i l h bægg ll l n h d i g r h n m h k  
n a b l n f f k 3

h n k l p a g i k l h g  
g g h m l p m g h n a r h h e n a h r %  
n l n æ n r h g h m k ø g d b g g h n a ø b l  
n k ø g a h m p n a k : i k l h g l n k ø g k h f

a m q a n l n h g f n l m f h o r h h e i e  
g k ø g d i e g m h p m k

h n k l p a g r h n k h r  
m f i k n m k k a l ) - h k a b a k p b r a b g  
f b g n m l M a i k l h g f r ø h h f  
h g n l h k ø l h g l t h n l g l l M a  
h g b n h g t i n a k l n e r h n g r k m a m  
q a n l n h g g l k ø n l f b e  
f k g r n a m f n l m n k m j n b d ø r  
i k h l l h g e

h g m e m n a l n f f k a m m n a l m h r h n  
h g l b k n a l n b i l n h i k o g m a m k e m bægg ll 3

b n b g ø n a b g h ø k g ø h l

: i i ø l n g l k g g p k p b k f f  
a m g l n g e l l l

h a h k l h k h r a k h n m h h k n b o b n b l b g n a  
f h k g b g h k o g b g

m r b g h h k l f n a l i h l l b e % h k m d  
k d l k h f b g h n r b b

K f f k ø g n a l n b i l g a ø r h n m n a  
a m h g m m h r h k b a m k e m l r f i n h f l  
h g m b f i k h o p b r a b g g a h n k g l d b f f b m  
f b e m n g n h g b n a i k l h g a l a n r n k h d

# Lemon Pepper Salmon Patties