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**Women's Health at Work**  
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**Krio**



## **Women's Health at Work**

### **Improving the health of working women from culturally and linguistically diverse backgrounds**

#### **Helping you and your family stay healthy**

This CD is talking about health and fats – which ones are healthy and which ones are not. The CD will also address some of the health problems associated with eating too much fat, particularly too much saturated fat.