

A decorative border of various bone shapes surrounds the text. The top border consists of five horizontal bones of different lengths and orientations. The bottom border consists of five horizontal bones of different lengths and orientations. The left and right borders are vertical, each consisting of ten bones of varying lengths and orientations.

Take Care of Your Bones!

Our bones are very important and we must take care of them! Here are four ways we can keep our bones safe and healthy!
