

JANUARY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">January is National Oatmeal Month</p> <p>Health Benefits of Oats</p> <p>Scores of studies have documented the many health benefits of oats.</p> <ul style="list-style-type: none"> • Eating oats helps lower LDL "bad" cholesterol and may help reduce the risk of heart disease. • Oats help you feel fuller longer, which helps control your weight. • Oatmeal and oats may help lower blood pressure. 		1	2	
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

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