



Join the

FISH FRIDAY MOVEMENT

that's sweeping the nation

And make the smart choice for your health.

We serve fish on campus every Friday because it is so good for your body. In fact, the USDA recommends eating seafood twice a week. Fish can strengthen your heart, sharpen your memory, boost your immunity and much more. Not to mention, it's pretty darn delicious.

Take the pledge to eat fish on Fridays and get involved with the #TGIF movement.

www.TGIF.org



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