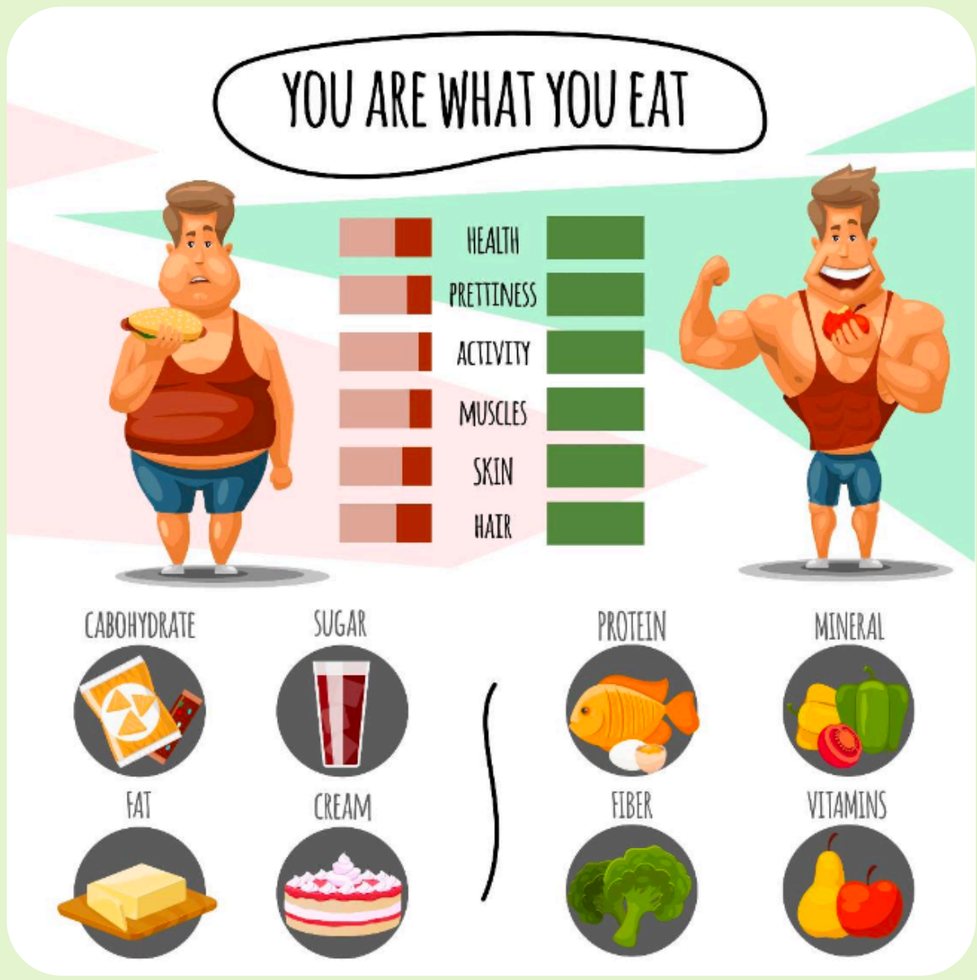
At Highridge we care about our health

You are what you eat, so don't be fast, cheap or fake



Eat healthy

Use our healthy plate



GOOD FOOD = GOOD LIFE. DON'T LET SUGAR STEAL YOUR FUTURE

Medication is very expensive

$$$$

Complications if you don't treat it.

Such as:

- Blindness
- Amputation
- Heart Attack
- Kidney Failure
- Stroke
- Nerve Damage
- Dental Problems
- Pregnancy Complication
- Sexual Dysfunction

