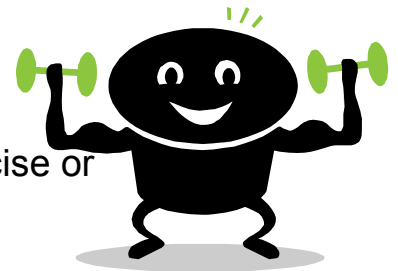


**AL HILAL WINTER 2009
PRESENTS:**

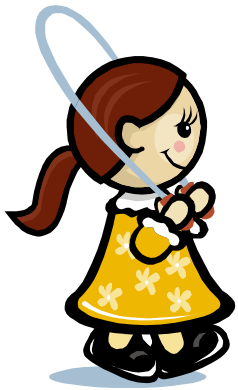


My Health

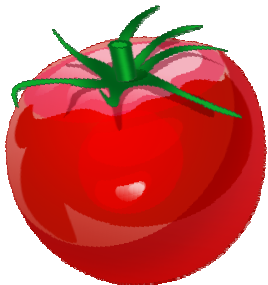
All over the world...
Young people are not getting enough exercise or
eating a healthy diet.



How do you stay healthy and fit? What are your favorite healthy foods to eat? What would you plant in a garden and why?



We encourage Afzal and Nasirat to write about what Islam says regarding good health & to share ways to improve health at home, at school, at their local mosques, and in their overall community.



Submissions to:
thealhilal@yahoo.com
no later than December 1, 2009.



**As always we welcome original artwork,
poetry, short stories and adult
submissions written with a young
audience in mind.**