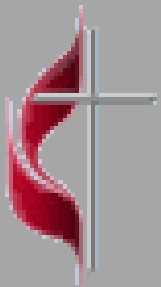


# Our Latvian Covenant Winter Vitamin Regimen

Give the perfect gift this Christmas on behalf of a friend or relative. For \$25 you can provide a winter regimen of vitamins for a person in Latvia with limited nutrition and food options. You'll receive a placard to place inside a Christmas card to notify them of this very special gift.



*Difficult economic conditions result in many elderly Latvians surviving on potatoes during the winter months. Your gift is a contribution to the improved health from a more balanced diet at this difficult time.*