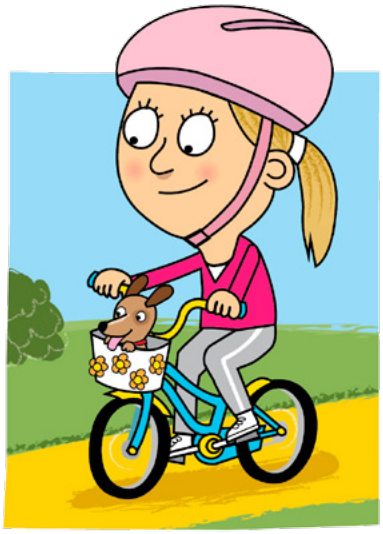
August 2019

the Friend



Our wonderful bodies!

See page F12

The children's section of the *Liahona*, published by The Church of Jesus Christ of Latter-day Saints