

*Good luck on your  
path to a healthy you  
and a healthy family!*

**When you want help or information, call:**

Immunizations 1-800-232-2522

Poison control 1-800-462-0800

or 1-800-292-6678

Tobacco abuse 1-800-227-2345

Alcohol or drug abuse 1-800-662-4357

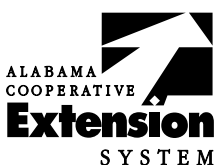
Child safety seats 1-800-424-9393

Stress control 1-800-969-6642

Child abuse 1-800-422-4453

Family violence 1-800-799-7233

Injury prevention 1-770-488-1506



*Your Experts for Life*

**Kathleen S. Tajeu**, *Extension Community Health Specialist*, Alabama Cooperative Extension System

**For more information**, call your county Extension office. Look in your telephone directory under your county's name to find the number.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, and other related acts, in cooperation with the U.S. Department of Agriculture. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.

5M, Reprinted May 2005, CRD-65-B

© 2005 by the Alabama Cooperative Extension System. All rights reserved.

**www.aces.edu**

# Keys to Good Health

1

**Keep Physically Active**

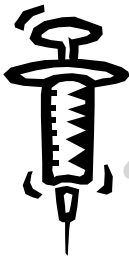


2

**Eat Well**

3

**Be Safe**



4

**Immunize**

5

**Get Regular Checkups**

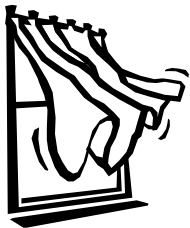


6

**Be Tobacco Free**

7

**Do Not Abuse Alcohol or Drugs**



8

**Manage Stress**

10

**Respect Yourself!**

9

**Practice Peace**

**Respect Yourself and Your Family**