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

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.

© 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
9. Practice Peace
10. Respect Yourself!

Respect Yourself and Your Family

CRD-65-B