

WHAT THE HEALTH!?

Fall into HEALTHY HABITS!



MANAGE STRESS

GET ENOUGH SLEEP

MOVE YOUR BODY



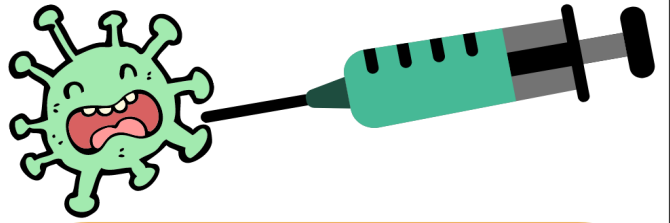
EAT A DIET FULL OF
FRUITS & VEGETABLES



CHOOSE WHOLE GRAINS, LEAN
PROTEINS, & HEALTHY FATS

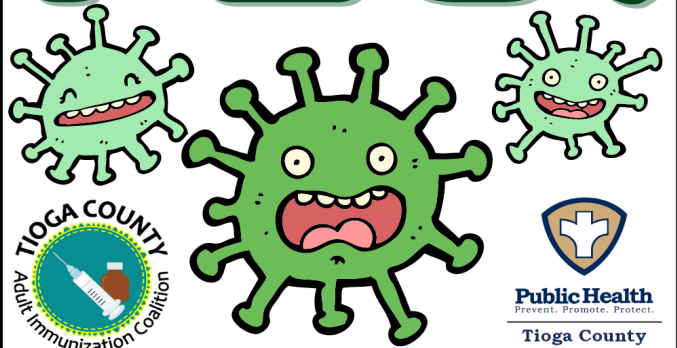
DON'T SKIP ROUTINE DOCTOR
APPOINTMENTS & SCREENINGS

October 2021



STICK IT TO THE

FLU!



BAT IN YOUR HOME?

CALL US TO SEE IF IT NEEDS TO BE TESTED FOR

RABIES!

