

2008: A Year of Good Health for Everyone

Take Simple Steps Every Day to Live a Safe and Healthy Life



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Get Check-Ups • Be Good to Yourself • Maintain a Healthy Weight



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Know Yourself and Your Risks • Be Active • Eat Healthy



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Manage Stress • Get Vaccinated • Be Smoke-Free • Be Safe and Protect Yourself



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Centers for Disease Control and Prevention • 1600 Clifton Road, NE • Atlanta, GA 30333 • 404.639.3311 www.cdc.gov/family