



DON'T LET BEING SICK GET IN THE
WAY OF YOUR

PHYSICAL ACTIVITY
GOALS

ARE YOU UP TO DATE ON YOUR
VACCINES?

Visit your healthcare provider, local pharmacy or the website below to see which vaccinations you may need. Help yourself and others stay healthy!

WWW.VACCINES.GOV



The Extension Foundation, in cooperation with the Extension Committee on Organization and Policy, through an Interagency Agreement with the USDA National Institute of Food and Agriculture and the Centers for Disease Control and Prevention (CDC) are funding the Cooperative Extension System to address health disparities among rural and other underserved communities. This initiative is called the Extension Collaborative on Immunization Teaching & Engagement (EXCITE).

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