



JUST LIKE WE PLAN OUR MEALS

WE SHOULD ALSO PLAN OUR HEALTHCARE

ARE YOU UP-TO-DATE ON YOUR SHOTS?

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](http://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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