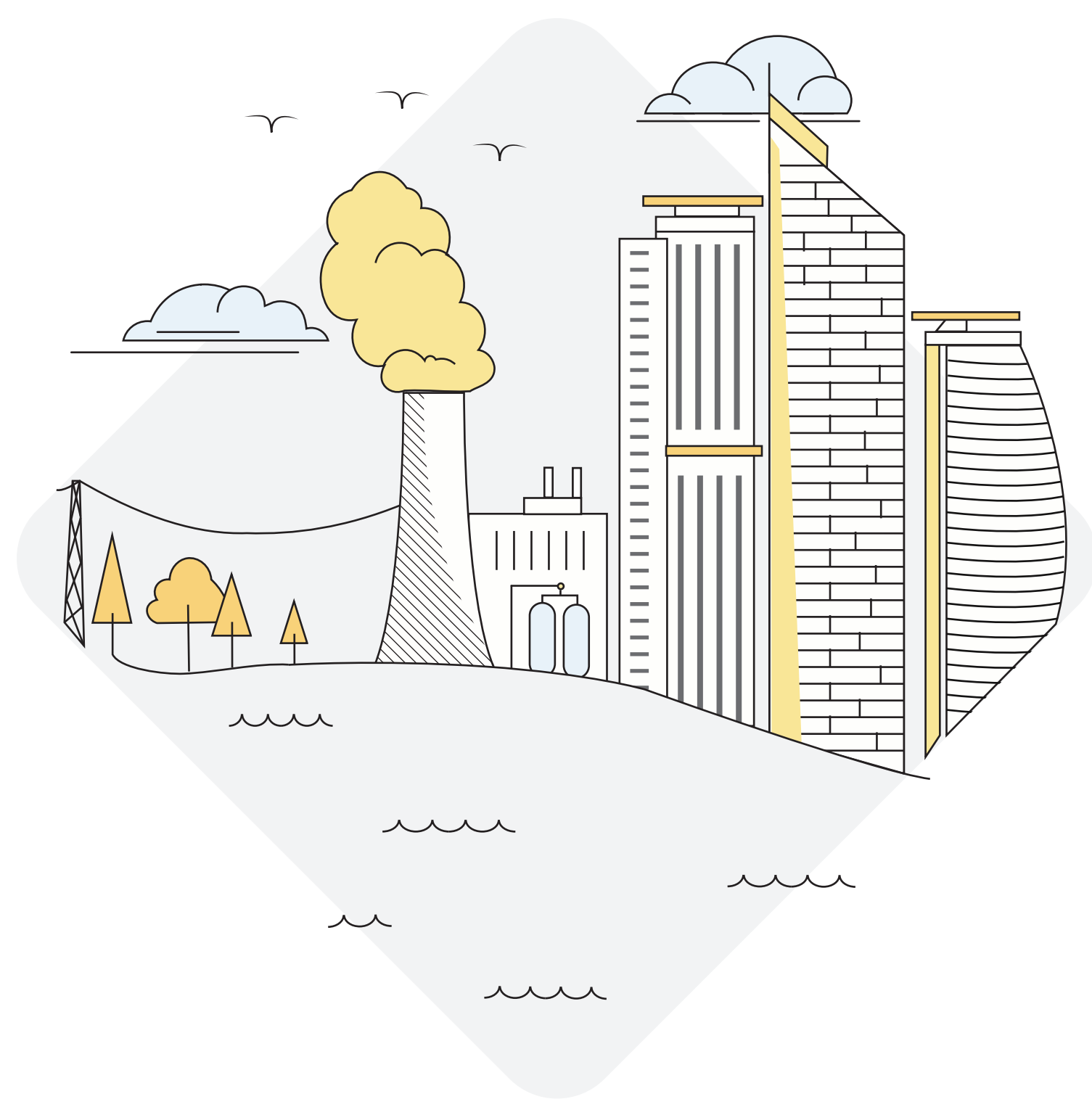


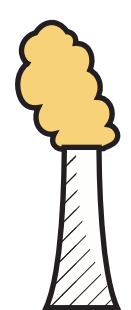
KNOWLEDGE

IS

HEALTH



ENVIRONMENT



POLLUTION

Understand your ecosystem



LOCATION

Know your neighborhood



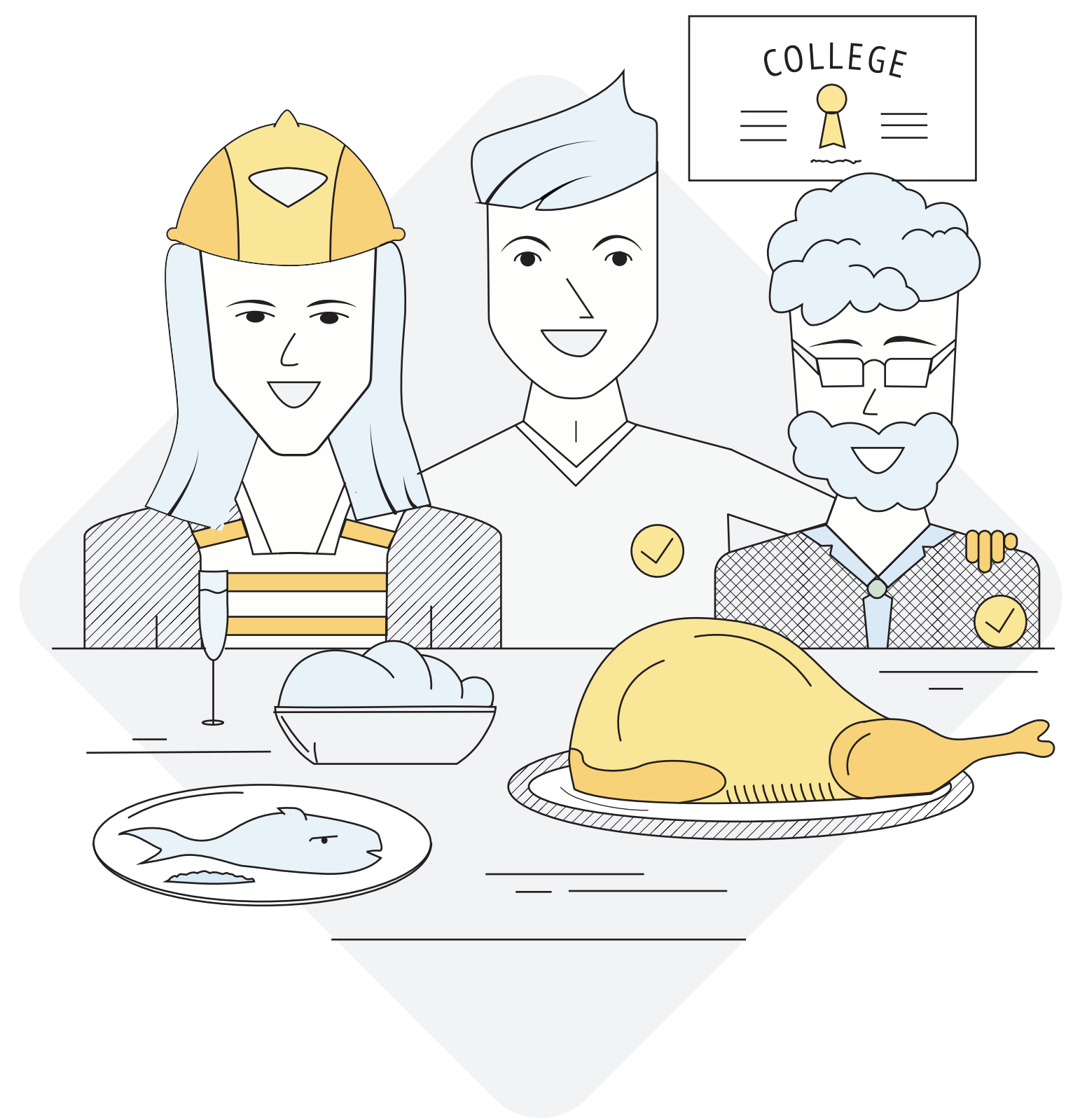
ALLERGENS

Know your allergies

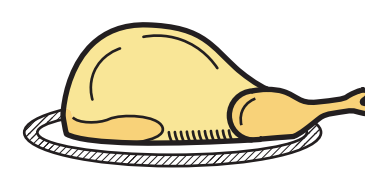


TOBACCO EXPOSURE

Don't choke. Don't smoke

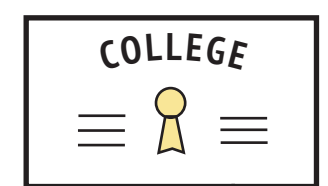


SOCIOECONOMIC



CONNECTEDNESS

Stay in touch with family and friends



EDUCATION

Leave a book in the bathroom



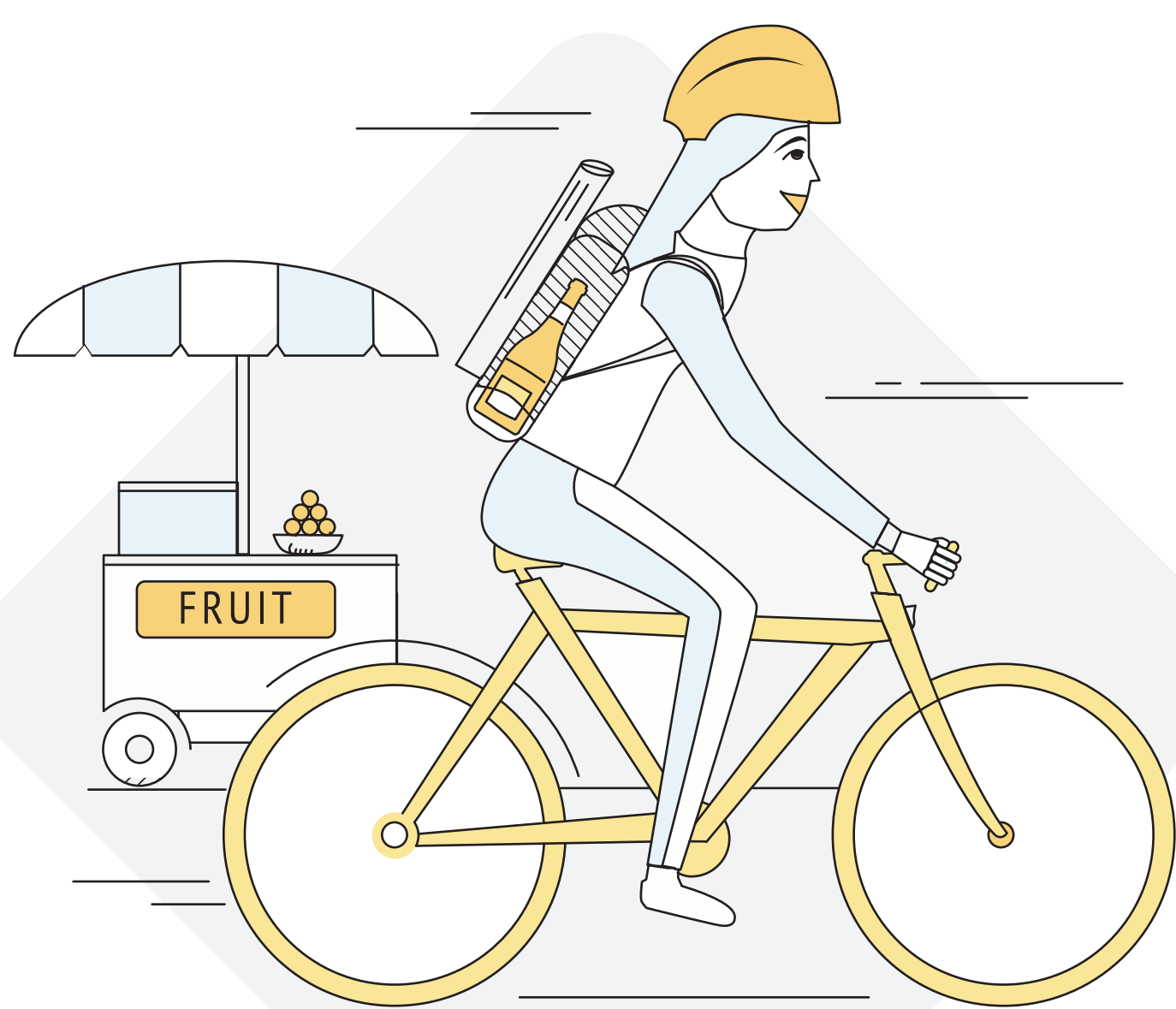
OCCUPATION

Get involved at work



CIVIC PARTICIPATION

Commit to your community

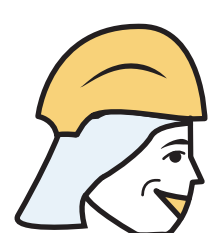


BEHAVIOR



DIET

Buy fresh foods.



MOOD

Meditate when you brush



EXERCISE

Be aware take the stairs



SUBSTANCE USE

Shrink the drink



BIOLOGY



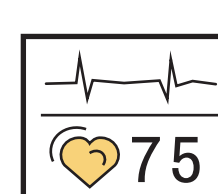
BODY STRUCTURE

Know your numbers



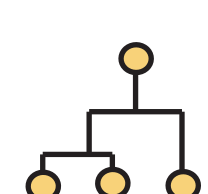
GENETICS

Get genetically tested



BODY FUNCTION

Measure your blood pressure



INHERITED CONDITIONS

Don't let your history be a mystery