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Wellness

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Here are some ways to get involved:

Be in the know

Learn the facts about childhood obesity.

Spread the word

Join the conversation on Strong4Life's Facebook (<http://www.facebook.com/S4LGA>) and Twitter (http://twitter.com/strong_4_life).

Be a role model

Don't wait to make healthy choices. **Start today**.

For physicians

Learn more about participating.

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For You on Choa.org

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HealthyHalls@choa.org

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