

There are many **different** things within our world today that *affect the health of* **adults, teenagers,** and **children.** Make sure to **think** of your **health** and the health of others *prior* to **use** or *engagement.*

Make healthy choices in foods for **more than** just *weight management,* but **contribute** to *energy,* **fullness,** healthy minds, & physical wellness **EAT** right for all these reasons!



Secondhand smoke is known to cause cancer, premature deaths, harm to children and animals, and harm to yourself. Exercise caution

with tobacco products... best to abstain!

Be involved in ACTIVITIES

DO NOT CONSUME **ILLICIT DRUGS.**

If you consume alcohol, ensure you

are OF AGE and drink in moderation!

These are just things to **consider** with your health. The *ultimate goal* needs to be... NEVER let any substance, **FOOD, article,** etc. alter your **mindset,** which may lead to criminal behaviors. **THINK SAFE! LIVE SAFE!**



TOBACCO
FREE
YOU