

Want to improve your health and reduce your risk for chronic diseases such as heart disease, cancer, and diabetes, which are the leading causes of disability and death in the United States? Make progress your goal and focus on the following steps:

- ✓ Eat well
- ✓ Be physically active
- ✓ Avoid tobacco & excessive drinking
- ✓ Get regular health screenings



**CHRONIC DISEASE RISK REDUCTION:**

- ✓ Eat Well
- ✓ Be Physically Active
- ✓ Avoid Tobacco & Excessive Drinking
- ✓ Get Regular Health Screenings

 

**For more information contact the Cheyenne County Health Department at 785-332-2381**