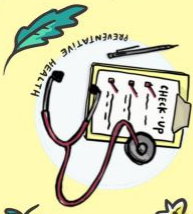


LOVE your Health to LOVE yourself



5 strategies to prioritize your health today

- Schedule a well-woman's visit
- Exercise at least 30 minutes
- Eat 2 cups of vegetables or fruit
- Meditate for 15 minutes
- Call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW for help quitting tobacco products



Scan me to
find out
more



Department of
Health