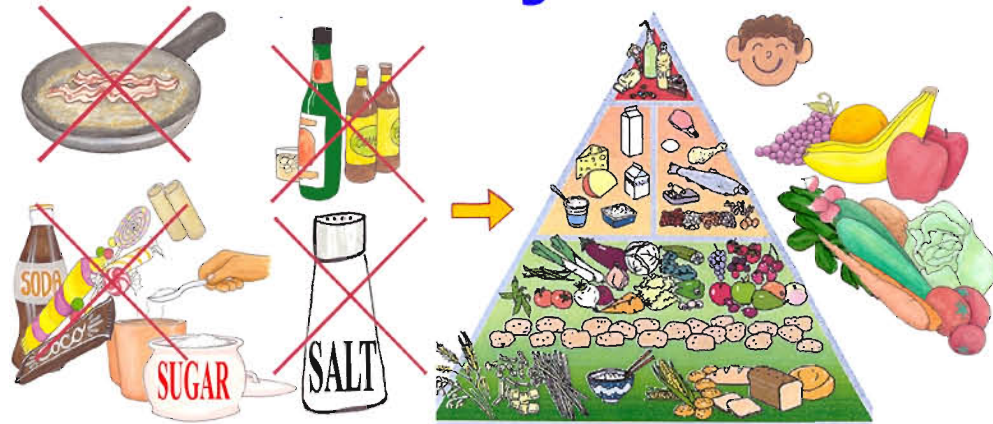
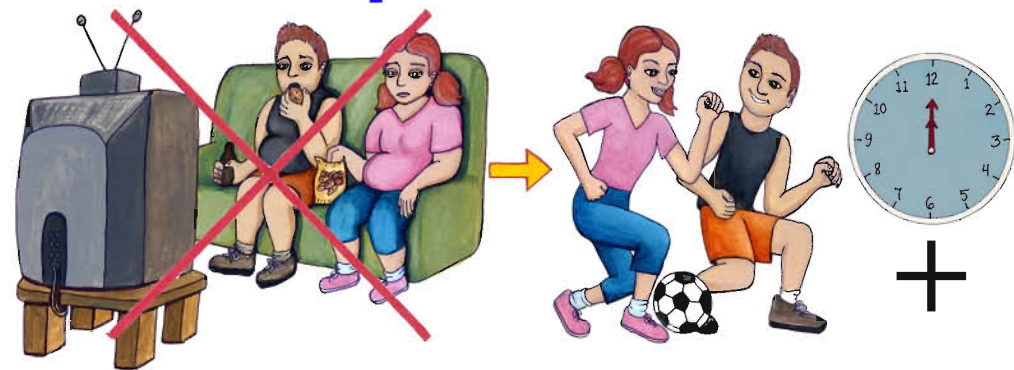


# THE 3 THINGS

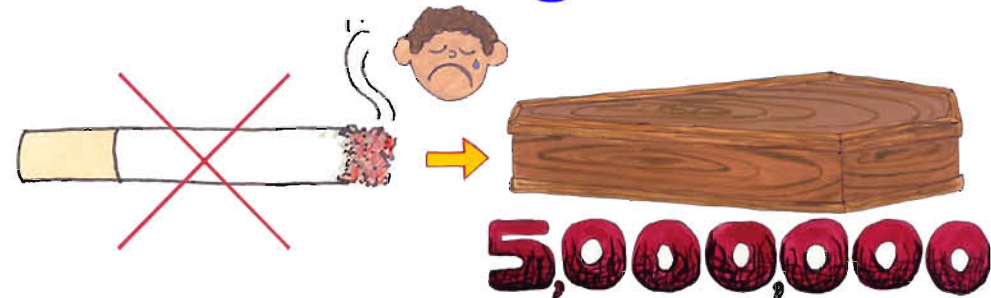
## 1. Healthy Diet



## 2. Adequate Exercise



## 3. Not Using Tobacco



## HEALTH SCREENING & EDUCATION RECORD



The World Health Organization (WHO) reports that at least **80%** of Premature Heart Disease (#1 Killer)

**80%** of Stroke (#3 Killer)

**80%** of Diabetes (#6 Killer)

**40%** of Cancer (#2 Killer)

and **NUMEROUS** other conditions can be prevented by

# YOU

## doing just 3 things...

(Much more important than all of our hospitals & clinics, doctors & nurses, and drugs & surgeries combined.)

