

The Kane County Coalition for Health & Wellness



Stall Street Journal

Staying Healthy in College



Exercise - 30 minutes a day 3-5 times a week

Eat Right - don't forget your fruits and veggies



Reduce Stress - take time to relax

Avoid Smoking - your lungs will love you



Wash Your Hands - keeps you from getting sick

Wear Sunscreen - your skin will thank you later



Say No to Drugs - it takes years off your life

Respect your body - STDs are not healthy



Always Wear Your Seatbelt!

For more information contact Maureen Obuchowski 630-264-7670 or
www.kanehealth.com/coalition.htm