

HAVING A DISABILITY DOESN'T MEAN YOU CAN'T

BE HEALTHY.



CHOOSE HEALTHY HABITS:

- ✓ Eat healthy foods in healthy portions
- ✓ Be physically active every day
- ✓ Get regular checkups

✓ DON'T USE TOBACCO

**Mississippi
tobaccoQUITLINE**
1.800.QUITNOW
WWW.QUITLINEMS.COM 1.800.784.8669

Institute for Disability Studies



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FOR MISSISSIPPIANS
WITH DISABILITIES

AA/EOE/ADA