

Steps To A Healthier Salinas



This moment of a lifetime...
is worth only a moment of your time.

Moments of a lifetime are worth choices of the moment. simple, healthy food choices- like snacking of fruits and vegetables.
Give your body what it needs for the moments in life that really matter.



value... it!

It's the steps we take...

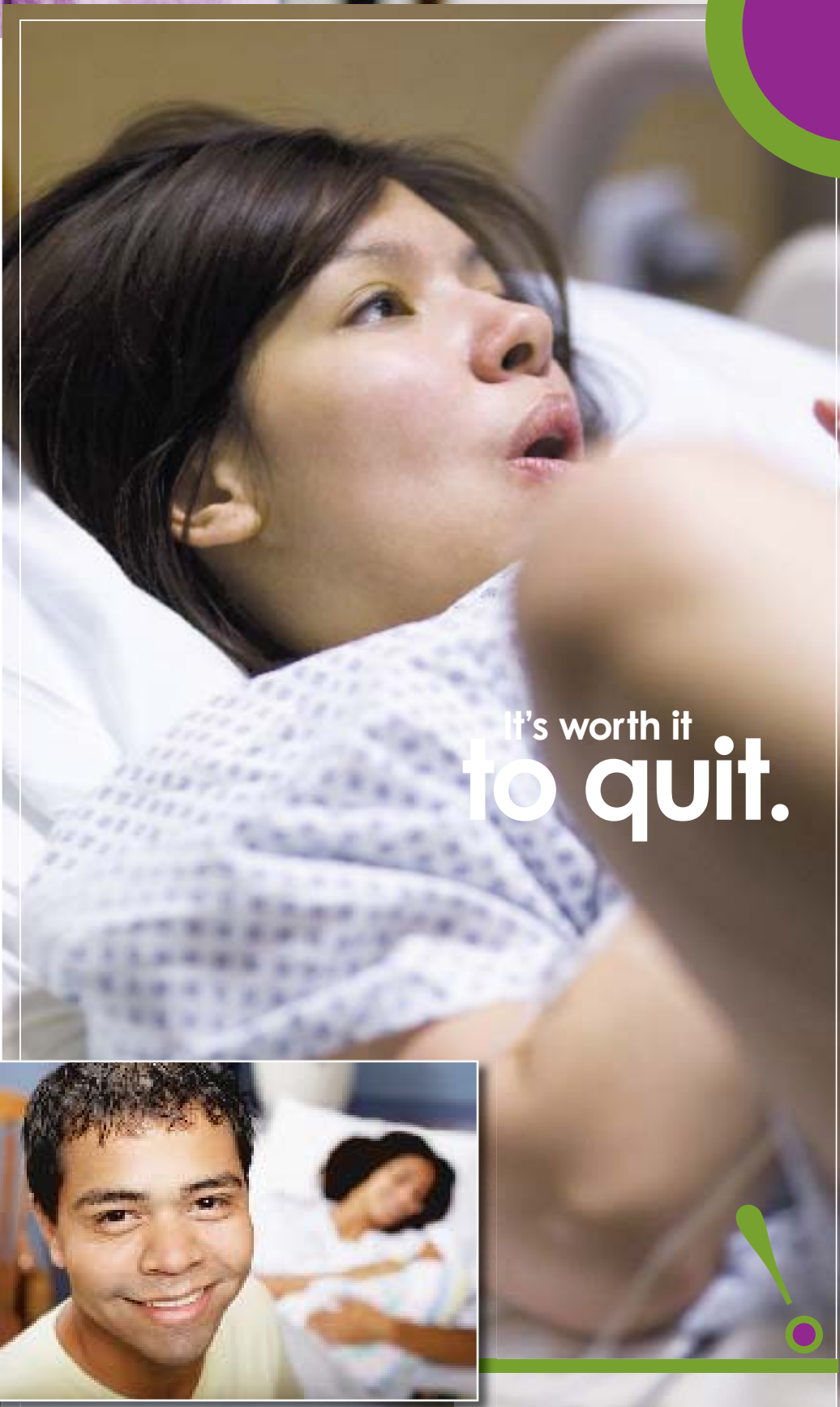


Call Steps to a Healthier Salinas at (831)755-4514 to learn about easy steps to a healthier, happier life.

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www.stepstohealthiersalinas.org

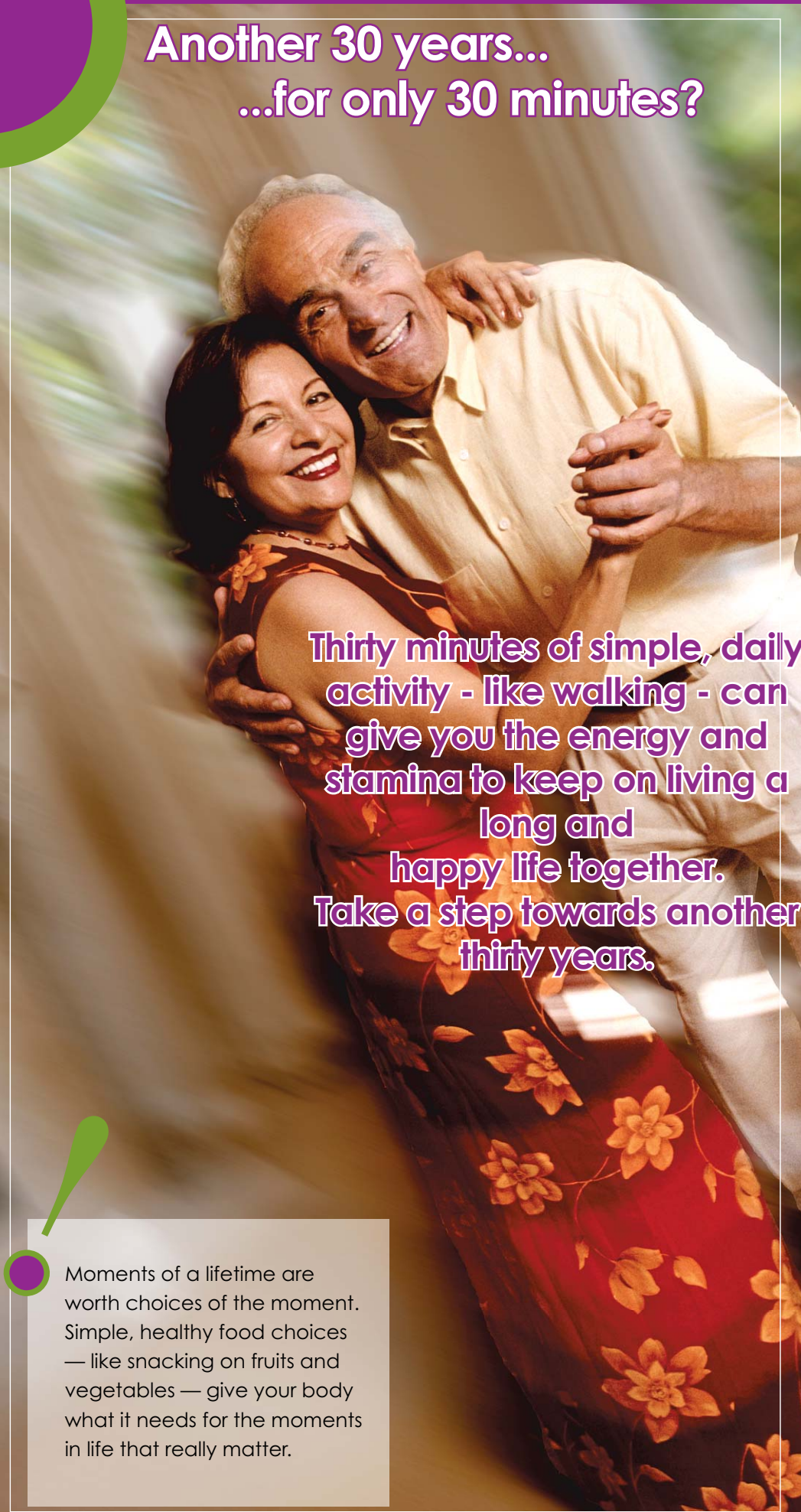
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It's worth it
to quit.



Quitting smoking greatly reduces serious risks to your health and to the health of your child - risks for diseases like cancer, emphysema and asthma.
Quit now and take a step towards a long and happy life with your family.



Another 30 years...
...for only 30 minutes?

Thirty minutes of simple, daily activity - like walking - can give you the energy and stamina to keep on living a long and happy life together. Take a step towards another thirty years.

Moments of a lifetime are worth choices of the moment. Simple, healthy food choices — like snacking on fruits and vegetables — give your body what it needs for the moments in life that really matter.