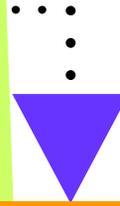


Healthy Orange Happenings



Healthy Orange

Eat Healthier! Try to consume 5-9 Servings of fruits and vegetables or more a day to stay healthy.

Move More! Get at least 30 minutes of moderate physical activity on most days of the week.

Live Tobacco Free! The best thing you can do for you is... don't start. The second best thing you can do is quit. If you live or work in Orange County, New York, the Orange County Department of Health offers FREE tobacco cessation classes and services.

For more information on any Healthy Orange topics, please call the Orange County Department of Health at 845-360-6680 or visit www.healthyorange.com for details.

Lead Safe Orange

To register for Lead Safe Certification classes provided by the Orange County Department of Health call 845-360-6680 or email bhoeffler@orangecountygov.com

For more information on any of the Lead Safe Orange, Healthy Neighborhoods and Childhood lead Poison Prevention programs, please call the Orange County Department of Health at 845-360-6680 or visit www.healthyorange.com for details.