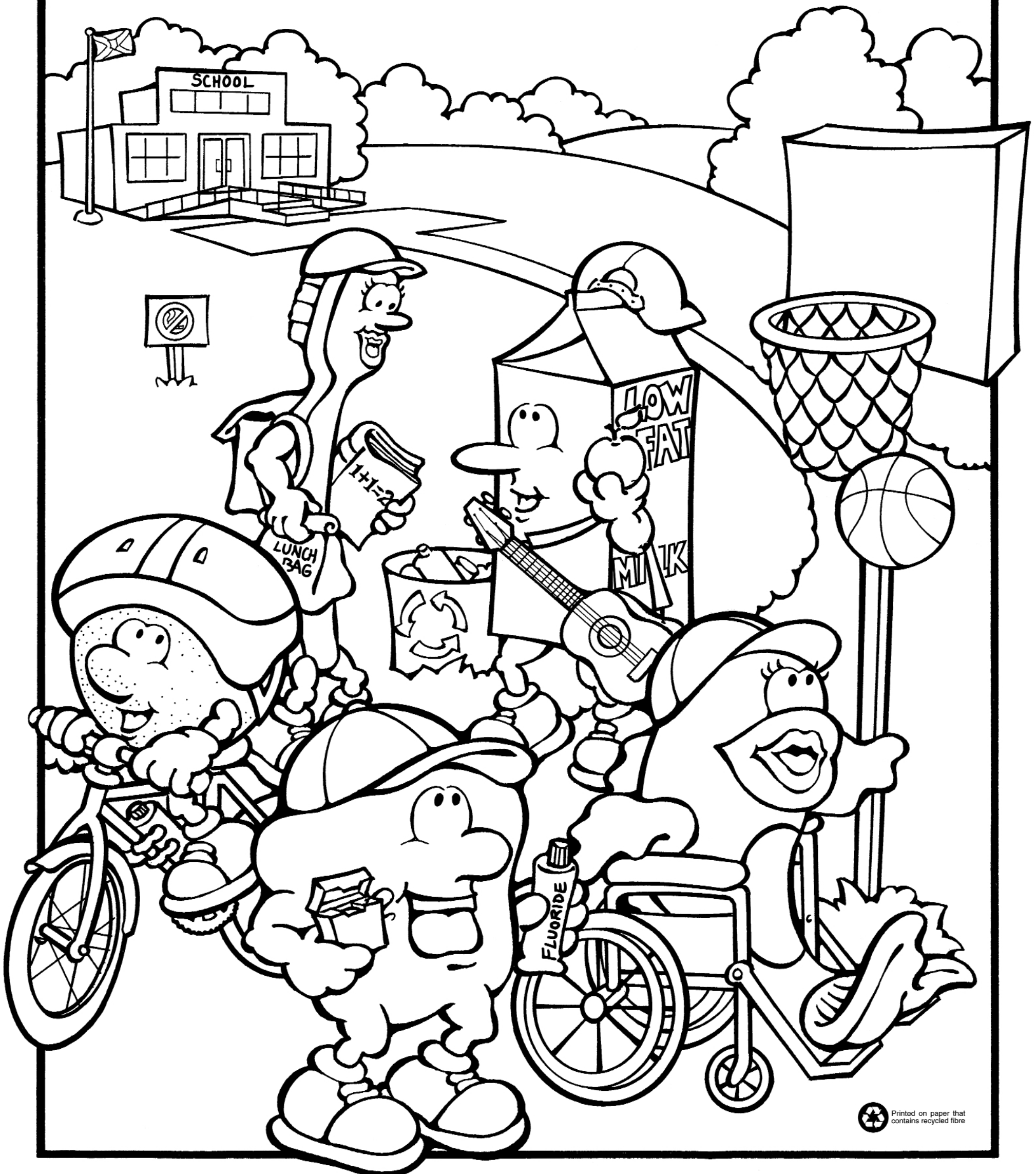


# Health, it's for me... it's the only way to be!



Printed on paper that  
contains recycled fibre

**Instructions:** Colour the Health Team and find  
five important health messages.

Public Health Services

NOVA SCOTIA  
Department of Health