



TIP OF THE WEEK

CDC Health-e-Cards

Send an electronic greeting card to friends, family, co-workers!

New e-Cards All e-Cards

Healthy Kids...
Healthy Kids

Healthy Living...
Healthy Living

Be Active!
www.cdc.gov

Be Fit!
www.cdc.gov

Be Healthy!
www.cdc.gov

Be Safe!
www.cdc.gov

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Log on to the Centers for Disease Control and Prevention website at www.cdc.gov and choose Tools and Resources

3 Simple Steps:

Step 1 → Choose desired card

Step 2 → Fill in recipient's name & e-mail address; your name & e-mail address; write personal message; click to preview your health e-card

Step 3 → click to send your health e-card