



Onslow CHIP TIP... October

Fall into a Healthy Lifestyle

- ✓ Exercise 30 minutes a day; 60-90 minutes a day if you are trying to lose weight.
- ✓ Eat 5-9 servings of fruits & vegetables a day
- ✓ Have a network of supportive friends/family
- ✓ Quit smoking—Great American Smokeout occurs November 17, 2011
- ✓ Get a flu shot-Onslow County Health

Department is offering multiple Flu Clinics:

FLU Clinics will be held on Fridays in October (10/7,10/14, 10/21, & 10/28) from 8:30am-4:30 | 910.347.2154



Onslow CHIP is a certified Health Carolinians agency.
www.onslowchip.org

