



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Healthy Resources

Angelina County and Cities Health District

www.acchd.us

Long Live Texans

www.longlivetexans.com

The H. C. Polk Education Center for Diabetes, Heart, Stroke

www.memorialhealth.us/services/diabetes

The Limitless Potential of You

www.livestrong.com/

We Bring Doctors Knowledge to You

www.medicinenet.com/

My Health. My Lifestyle. My Program

www.HealthCoach4Me.com

Improve Nutrition and Well-Being

www.choosemyplate.gov/

American Lung Association

www.lung.org/

Health Information for the Whole Family

familydoctor.org/familydoctor/en.html

Resources to help you quit smoking

www.yesquit.com

www.quittobacco.org

www.dshs.state.tx.us/tobacco

www.mdanderson.org/departments/aspire