

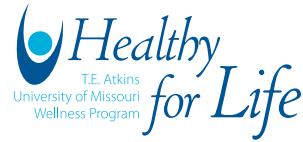
You can improve your blood pressure and cholesterol by:

- Exercising regularly
- Eating a healthy diet
- Maintaining a healthy weight



Healthy for Life:
T.E. Atkins UM System
Wellness Program

201 South 7th St.
 205 Heinkel Building
 Columbia, MO 65211
<http://wellness.umsystem.edu>
 (573) 884-1312



Name _____

Address _____

Medication list

Physician & Phone No.

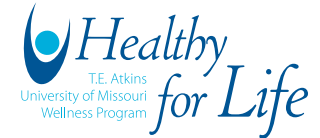
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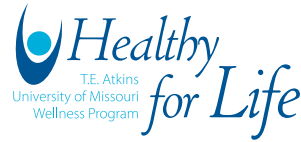
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