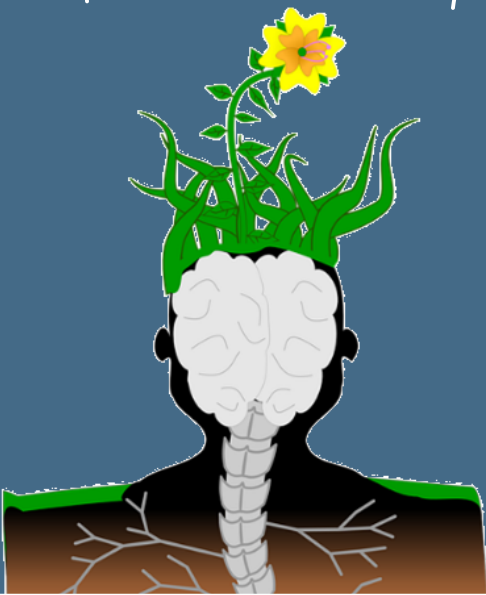




KEEP YOUR BRAIN & BODY HEALTHY

your brain &
body are
GROWING in
a positive way



using drugs &
alcohol can cause
your brain &
body to grow in
a negative way



Help yourself grow in a positive
way by:

- getting active each day
- eating healthy foods
- talking about your feelings
- keeping your body clean



How do you help yourself
grow in a positive way?



United
Way



@Brockton Area Prevention Collaborative
www.OpioidOverdosePrevention.org



@od_preventionist