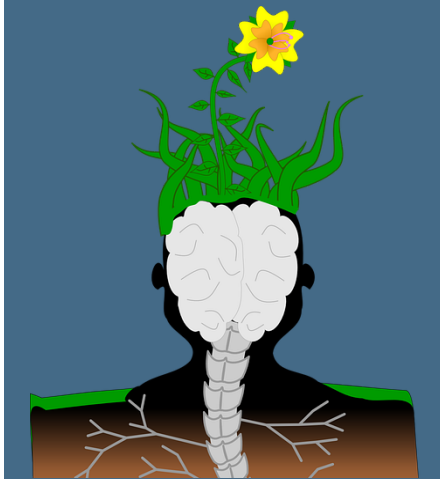




# KEEP YOUR BRAIN & BODY HEALTHY

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

