

*Module 3: Planning for a Healthier Tomorrow*

---

**Handout J-1: Team A** *(copy onto red card stock and cut out)*

---

**Emphysema/  
Lung Cancer**

**Depression**

**Obesity**

*For use with Activity 1*

## Module 3: Planning for a Healthier Tomorrow

---

### Handout J-2: Team A (copy onto yellow card stock and cut out)

---

<b>drive a car everywhere</b>	<b>cigarette smoking</b>	<b>use alcohol to forget, instead of dealing with problems</b>	<b>grow up in a family where violence occurs</b>	<b>forget to wear seatbelts</b>
<b>feel tense and hurried to get things done</b>	<b>use hitting as a way of disciplining children</b>	<b>use sweet foods as a reward</b>		