

*Module 3: Planning for a Healthier Tomorrow*

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**Handout L-1: Team C** *(copy onto green card stock and cut out)*

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**Healthy Skin**  
**(Fewer Wrinkles & Less Skin Cancer)**

**Strong Bones and Teeth**

**Happy, Alert Old Age**

*For use with Activity 1*

## Module 3: Planning for a Healthier Tomorrow

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

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<b>be very slow to anger</b>	<b>drive less to preserve Earth's ozone layer</b>	<b>eat low-fat foods</b>	<b>be of non-European ancestry</b>	<b>avoid soft drinks</b>
<b>take up bicycling</b>	<b>reduce use of household toxic cleaners</b>	<b>get plenty of rest</b>	<b>try new things, think new thoughts</b>	