

SOUTHWEST PENNSYLVANIA ENVIRONMENTAL HEALTH PROJECT

This is your invitation to participate in, *Take Steps to Health*, which promotes better health. We are offering this program to anyone interested in improving their health.

Take Steps to Health is committed to enhancing the health and well-being of individuals through behavior change management programs. The program can be done in the privacy of your own home. You have the option of completing this program by computer (web-based) or one-on-one with a health coach by phone. The Environmental Health Project (EHP) is offering this program (\$35.00 value) **FREE** of charge. In addition to a free membership with *Take Steps to Health*, you will have access to the program for one full year and additional health resources.

Take Steps to Health offers nine different areas of health improvement which include



Smoking Cessation



Managing Blood Pressure



Weight Management



Proactive Health Consumer



Stress Management



Managing Your Moods



Exercising Regularly



Managing High Cholesterol



Healthy Eating

If you have further questions, please do not hesitate to contact EHP at 724-260-5504.