



The following resources offer information on a variety of topics to help people try to live healthful lives. These resources are offered as information only. You should communicate with your health care provider(s) before using any new health regimen.

### **Nutrition and fitness:**

Centers for Disease Control  
<http://www.cdc.gov/nutrition/index.html>

WebMD  
<http://www.webmd.com/fitness-exercise/>

American Cancer Society  
[http://www.cancer.org/docroot/PED/ped\\_3.asp](http://www.cancer.org/docroot/PED/ped_3.asp)

Mayo Clinic  
<http://www.mayoclinic.com/>

### **Smoking cessation:**

National Cancer Institute  
800-QUIT-NOW (800-784-8669)

American Cancer Society  
800-ACS-2345 (800-227-2345)

WebMD  
<http://www.webmd.com/smoking-cessation/>

### **Stress Management:**

The Village Family Service Center  
[www.thevillagefamily.org](http://www.thevillagefamily.org)

American Institute of Stress  
<http://www.stress.org/>

Dr. Andrew Weil / Weil Foundation  
<http://www.drweil.com/drw/u/ART00536/reduce-stress.html>