

 **women's**
health

"I promote Healthy Conversation"

Goal Card



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Goal Card

My "getting active" goal is:

My "healthy eating" goal is:

To make my relationships better I will:

Share your goals, or tell us something about your conversation on our Facebook page:
www.facebook.com/HealthyOhio
or email them to us at: BHPRR@odh.ohio.gov
More information can be found at: www.healthyohioprogram.org



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