

Get Healthy This Year

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Does one of your New Year's resolutions have to do with your health? Maybe you want to quit smoking or lose weight. Perhaps you want your kids to be healthier. The CDC can help you KEEP your resolutions! Just visit www.cdc.gov or call 1-800-C-D-C-INFO for accurate, reliable health and safety information.

CDC can tell you which vaccines are recommended and when to get them. We have a lot of information on smoking cessation – why it's important to quit *and* how to quit, as well as up-to-date information about the latest disease outbreaks around the world.

Whether you want information and science-based recommendations about exercise, nutrition, diabetes, travel, heart disease, stroke prevention, or the flu, CDC is here for *you*, 24/7 - saving lives, protecting health, and saving money through prevention.

So start this New Year off right! Visit www.cdc.gov or call 1-800-C-D-C-INFO and let CDC help you and your family stay safe and healthy this year!

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