



## **New Year's Resolutions 30 Sec PSA**

It's a new year...and the possibilities are endless...especially when it comes to your health.

So whether you want to shed a few pounds, stop smoking or vaping, or just get serious about preventative care and screenings, the Alabama Department of Public Health has plenty of free resources, tools, and information to help you start – or continue – your journey to a better, healthier you this year.

To learn more about all we offer to help keep you and your family healthy, visit our website at [Alabama-Public-Health-dot-gov](http://Alabama-Public-Health-dot-gov).

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