



## **New Year's Resolutions 60 Sec PSA**

We're just days into a new year. A new decade. There's still hope for those new year's resolutions...especially those that relate to your health and wellness.

Whether you're focused on losing weight, committed to giving up tobacco or vaping, want to better manage your diabetes, or anything else in between, the Alabama Department of Public Health is here to help turn those resolutions into reality.

Not only do we focus on all aspects of health, but we're committed to doing our part to help improve the health of every Alabamian...which ultimately helps us improve the health of our great state.

As your state health authority, we offer plenty of free resources, tools, and information to help you start – or continue – your journey to a better, healthier you this year...and for many more to come.

So here's to good health in 2020 and beyond! To learn more about all we offer to help keep you and your family healthy, visit our website at [AlabamaPublicHealth-dot-gov](http://AlabamaPublicHealth-dot-gov).

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