Stuff Yourself with Healthcare News

Go to **www.gabchealth.org** for loads of helpful info to maintain your health.

It's the time of year to feast on our favorite things, but GABC also wants you to fill up with facts to keep you and your loved ones feeling great. Here's just a few of the resources you'll find on our website:

Click on the **Health & Wellness Tips** link to find out how smoking impacts your health, and how to get help quitting.

Fun activities are part of your wellbeing, too. Click on the **Soul Food** link to find out what's going on around town. (*Psst---the dates for tax-free shopping in D.C. are listed here!*)

Click on the **Health Tools & Self Assessments** link to find the Lose One Pound calculator. See how much you burn while walking, cooking, cleaning, shopping and many other activities.

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