

# COMPUTER GAMES AND VIDEO GAMES



Play them for short periods only. Doing exercise in a group will benefit your body and mind much more than watching a computer screen or television

## REGULAR MEDICAL CHEK-UPS



This is the time to receive the vaccinations that will protect you from certain diseases.

It's a good idea to have regular check-ups with the dentist and with the optician too.

**BE HEALTHY!!!**