



**Tips for a Bug-Free  
Cookout**



**VOTE.  
YOUR  
VOICE  
MATTERS.**

**COMMONHEALTH CONNECTIONS**

# Healthy habits

**DO YOUR BEST TO STAY WELL BY  
TAKING CARE OF YOURSELF  
FIRST AND FOREMOST**



**CommonHealth**

[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)



**Healthy  
Summer  
Grilling**

Your Choice Nutrition