BODY AND SOUL RESOURCE DIRECTORY

- CDC Center for Disease Control and Prevention: How to use Fruits and Vegetable to Help Manage Your Weight  
  http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html
- Improving Your Health: Tips for African American - 
- Office of Health Communications and Health Disparities - 
  http://www.fccc.edu/prevention/hchd/index.html
- The Road to Health Toolkit - 
- Choose MyPlate.gov  http://www.choosemyplate.gov/index.html
- Tips Sheet: Getting More Active, One Step at a Time 
- Five Minutes (or Less) for Health 
  http://pubweb.fccc.edu/bodyandsoul/wordpress/five-minutes-or-less-for-health/
- Body & Soul Image Library 
  http://pubweb.fccc.edu/bodyandsoul/wordpress/image-library/
- CDC Chronic Disease Prevention and Health Promotion 
  http://www.cdc.gov/nccdphp/