

Georgia Rural Health Association

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Member Update



GRHA News

December 8, 2009

GRHA would like to thank Amy Niles with Together Rx Access for the webinar December 8. It was very informative and helpful. Together Rx Access is a great prescription savings program. We would like to thank everyone who attended the webinar.

Polls Finds Americans Think Disease Prevention Central to Health Reform

The Robert Wood Johnson Foundation and Trust for America's Health have released a new poll showing that 71 percent of Americans favor an increased investment in disease prevention and that disease prevention is one of the most popular components of health reform.

<http://www.rwjf.org/newsroom/product.jsp?id=51652>

**10
tips**

The MyPyramid Ten Tips Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

Cutting Back On Salt and Sodium

<http://www.mypyramid.gov/downloads/TenTips/SodiumTipsheet.pdf>

Be a Healthy Role Model for Children

<http://www.mypyramid.gov/downloads/TenTips/RoleModelTipsheet.pdf>

Following a Vegetarian Diet

<http://www.mypyramid.gov/downloads/TenTips/VegetarianTipsheet.pdf>

Source: USDA/MyPyramid.gov



Freedom from Smoking To help adult smokers quit, the American Lung Association offers *Freedom From Smoking*[®]. The program teaches the skills and techniques that have been proven to help smokers quit. *Freedom From Smoking*[®] is available as a group clinic, an online program and a self-help book. You can also speak to a cessation counselor at the Lung HelpLine. Please go to this website to learn more about quitting smoking.

Georgia Budget and Policy Institute 2010 Annual Policy Conference

The Fiscal Crisis: Solutions That Move Georgia Forward

January 15, 2010

Loudermilk Conference Center

Atlanta, Georgia

8:30 a.m.—3:00 p.m.

\$50 per person (\$25 for students)

Please go to: <http://www.gbpi.org/news.aspx>

to see full details and register.



Mark Your Calendar