

8IGHT WAYS TO STAY HEALTHY AND PREVENT DISEASE

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One important aspect for individuals to maintain health and prevent disease is through an educational understanding of making healthy choices while avoiding unhealthy choices. Clinicians at Washington University in St. Louis have created an evidence-based guide to disease prevention and healthy living that exists in print and online. The engaging tone and easy-to-read guide provides brief but important messages for any individual pre or post disease. These guides would be useful in settings such as in doctor's offices, health programs, and hospitals.