

**GOOD HEALTH**

Success  
starts **early.**

## HELP YOUR CHILD GROW UP HEALTHIER, SMARTER, AND STRONGER

Your child can't learn when he is tired, hungry, restless, or sick.

Every child needs plenty of rest, fresh fruits and vegetables, outdoor exercise... and checkups with the trusted doctor and dentist you see regularly.

Start each day with breakfast and make time for a healthy lunch.

Make time for lots of physical play, and plenty of rest, every day.

Brush teeth after every meal and limit sugary drinks such as juice and soda.

**CALL  
TODAY!**

**NEED HELP WITH FINDING A  
DOCTOR OR DENTIST?**

Health Net of West Michigan  
616-726-8204

**SuccessStartsEarly.org**

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