Healthy Living Beyond WIC
Tips for Good Health

Eat healthy and be active everyday.

Get medical and dental checkups every year. Stay current on your family’s immunizations.

Take a multivitamin with folic acid every day.

Plan when you want to have a baby.

Smoking, vaping, drinking alcohol and misusing drugs can cause health problems for you and your family. Call the Kansas Quitline at 1-800-784-8669.

Get plenty of sleep.

Find people who support you to be healthy, both physically and mentally.