

It's big news!

Increase life SPAN!



Physical health is an important part
of everyone's overall wellness.

**Talk to your doctor or health provider
about learning healthier habits today!**



An OMH Wellness Initiative

SPAN
stands for:

Stop
SSmoking



Practice
Prevention



Increase
Activity



Improve
Nutrition



New York State
David A. Paterson, Governor

Office of Mental Health
Michael F. Hogan, Ph.D., Commissioner
Lloyd I. Sederer, M.D., Medical Director

