

www.webmd.com

Educational information on healthy living and numerous diseases and conditions. Free newsletters are also available.

www.nlm.nih.gov/medlineplus

National Institutes of Health and the US National Library of Medicine. Tools, videos and information for disease management, physical activity, nutrition and many other important health topics.

www.aap.org

American Academy of Pediatrics. Educational information on health and wellness of children.

www.cancer.org

American Cancer Society. Information on cancer, prevention and treatment options. Also includes services that are available and upcoming local events.

www.sparkpeople.com

Variety of health information focusing on nutrition, exercise, goal setting and diseases.

www.myoptumhealth.com

Locate information on disease, wellness and various health topics.

www.cdc.gov

Centers for Disease Control and Prevention. Educational information on a variety of health topics including diseases, immunization and work place safety.

www.everydayhealth.com

Educational information and free newsletters on numerous health topics.

www.about.com/health

Information on various health topics, including fitness, stress management, etc. Free newsletters are also available.

www.healthypeople.gov

Includes "Steps to a Healthier U.S.," "Dietary Guidelines for Americans," and the "Healthy People 2020" program and publications.

www.keepkidshealthy.com

Educational information for parents regarding nutrition, immunizations, safety and first aid for children. Includes useful tools and online resources such as growth charts, BMI calculators and vaccine schedules.



HEART HEALTH

www.heart.org

American Heart Association. Educational information, tools and programs related to heart disease and stroke. Free cookbook after completing online "Learn and Live" quiz.

www.strokeassociation.org

American Stroke Association. Educational information on reducing risks for stroke, recognizing warning signs of stroke and actions to take if you notice any of the signs.

LIFESTYLE MANAGEMENT

www.health.gov

US Department for Health and Human Services. Tools and information for disease management, physical activity, nutrition and many other important health topics.

www.mindtools.com

Free downloadable materials on time and stress management, communication skills, problem solving techniques, etc. Also includes access to free newsletter.

www.bcbsfl.com

Log in to MyBlueService, access the Living Healthy tab and check out our Lifestyle Improvement Programs by WebMD.

LOCAL RESOURCES FOR EDUCATION OR SPEAKERS

www.solutionsforyourlife.ufl.edu/map/

The UF/IFAS Florida Cooperative Extension serves the state's 67 counties by providing information and conducting educational programs. The Family and Consumers Science's agents provide education on nutrition, food safety and diabetes.

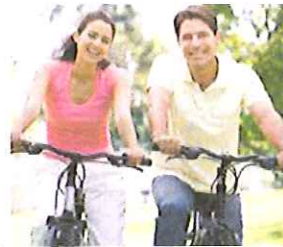
www.lha.org/hospdir.html

The Florida Hospital Association provides a search for hospitals in your area. Hospitals are a good way to find health education speakers on topics such as diabetes, heart disease, nutrition and physical activity.

MEN'S HEALTH

www.menshealthnetwork.org

Provides newsletters, flyers, information and resources specific to men's health concerns.



NUTRITION

www.sparkpeople.com

Free resources to track food and water intake, activity and weight, and provides calorie and nutrient information and expenditure.

www.mealsmatter.org

Provides nutritional information, tools and recipes for preparing healthier meals.

www.bcbsfl.com

Log in to MyBlueService and access the Living Healthy tab. Check out our WebMD Lifestyle Improvement Programs on Nutrition and Weight Management.

www.foodandhealth.com

Information on healthy eating including free handouts and recipes. Low-cost monthly newsletter also available.

www.fruitsandveggiesmatter.org

Information on adding more fruits and vegetables to your diet.

www.foodfit.com

Healthy cooking and nutrition information including recipes.

www.choosemyplate.gov

United States Department of Agriculture. Information and free handouts on new Food Guide Pyramid.

www.eatright.org

Free handouts on nutrition from the American Dietetic Association.

www.my-calorie-counter.com

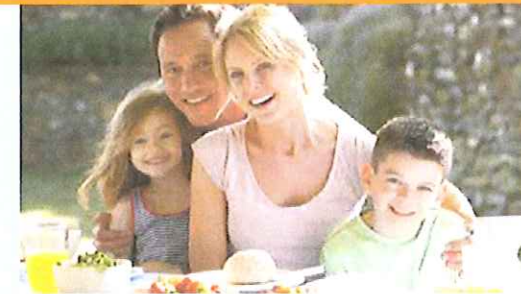
Free resource that tracks food and water intake, activity and weight and provides calorie and nutrient information and expenditure.

www.livestrong.com/thedailyplate

Free resource that provides nutritional facts about common food choices (including fast food restaurant options), healthy meal suggestions, as well as tracking body measurements and calorie expenditure on traditional and non-traditional activities.

www.win.niddk.nih.gov

The National Institute of Health offers guidelines and resources for selecting effective weight-loss programs, etc.



SMOKING CESSATION

www.bcbsfl.com

Log in to MyBlueService and access the Living Healthy tab. Check out our WebMD Lifestyle Improvement Program on Smoking Cessation.

www.floridaquitline.com

Tobacco Free Florida. Provides free telephonic coaching and smoking cessation tools.

www.lungusa.org

American Lung Association's "Freedom from Smoking" program, which is a no cost online smoking cessation program. Telephonic program also available: 1-877-U-Can-Now.

www.smokefree.gov

Smoking cessation program with access to free printed materials.

www.philipmorrisusa.com

Information on smoking cessation. Free handouts and brochures on "Raising Kids Who Don't Smoke." Help and resources include "quitting" websites, guides, telephone quit lines, quitting programs and more. Also includes a free "QuitAssist® Guide," either downloadable or by mail.

www.tobaccofreekids.org Campaign for Tobacco-Free Kids.

WOMEN'S HEALTH

www.fore.org

Foundation for Osteoporosis Research and Education. Information and research about osteoporosis.

www.hearttruth.org

The National Awareness Campaign for Women about Heart Disease. Includes information about lowering your heart disease risk, menopausal hormonal therapy, and "The Heart Truth" online toolkit, which contains all of the information, ideas and materials you will need to plan your own "Heart Truth" campaign.