

The Indian Medical Minutes

"Your Family Doctor's Weekly Guide to Good Health."

Healthy choices today prevent diseases tomorrow.
Stay informed, stay active, and say *NO* to harmful habits.

Health

- Quit tobacco, alcohol, and unhealthy packaged foods
- Regular exercise and a balanced diet
- Routine health check-ups and vaccinations

Social

- Promote healthy habits in the family and community
- Encourage youth to avoid addictions
- Support awareness campaigns in schools and workplaces

Economical

- Save money by avoiding costly treatments
- Reduce burden on the healthcare system
- Increase productivity and quality of life



**Consult your
Allopathic Family
Physician for
guidance**



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***An Initiative of
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