

Want to eat better, get in your daily exercise, and feel calm, cool, and collected at school? Sign up to receive free text messages from the Teen Health Center with quick recipes, easy exercise ideas, and ways to prevent stress from taking over your life.

Text '**Ballard**' to **292929** to sign up for My Way!*

*Don't worry, we won't blow up your phone—you'll only get text messages on the topics you want and only 3 times a week. The program starts November 17 and runs until the end of January.

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