



NAME

PHONE NUMBER

Remember! Text '**Ballard**' to **292929** as soon as possible in order to officially sign up.

Some important information: The Teen Health Center is working with Public Health – Seattle & King County to bring you these messages. At the start of the program, you will receive a text message that will allow you to select what topic(s) you would like to receive. Topics include nutrition, physical activity, stress management, and/or alcohol and drugs. The program starts November 17, 2014, and will run through January 23, 2015. You will receive no more than 3 messages per week.

You can opt out anytime by texting “Stop” to the number. The advice provided in the text messages does not replace that of your health care provider.



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