



It's easier (and more fun) to stay healthy than to get healthy.

You'd have to look a long time to find someone who doesn't care about their health.

We all do. It's just a matter of degree. It depends on how much time and energy we want to devote to our health profile. Do we want to get out for a regular brisk walk? Do we want to substitute a fresh apple for

that piece of chocolate cake? How much do we really want to invest in our health and well-being? Like everything else in life, it's a matter of choice. We'll have a few ideas on the subject when we publish "Your health in the '90s" on Thursday, March 3.

Look for it.

THE
Observer & Eccentric

NEWSPAPERS

Attention Advertisers—If you would like your message to appear in "Your Health in the '90s, call us before 5 p.m. Tuesday, February 15, 1994. Our Sales Representative will be glad to reserve your advertising space. Call 313-953-2153 if you are in Wayne County or 810-901-2500 in Oakland County.