



# October is Health Information Month at Caraday!

The building blocks for good health are being knowledgeable and proactive. Building healthy communities, families, and taking care of ourselves is achieved by making smart decisions through health education.

Start by taking some time in October to learn more about your health.



New Team Page - log on from [CaradayHealth.com](http://CaradayHealth.com)  
#CaradayCares