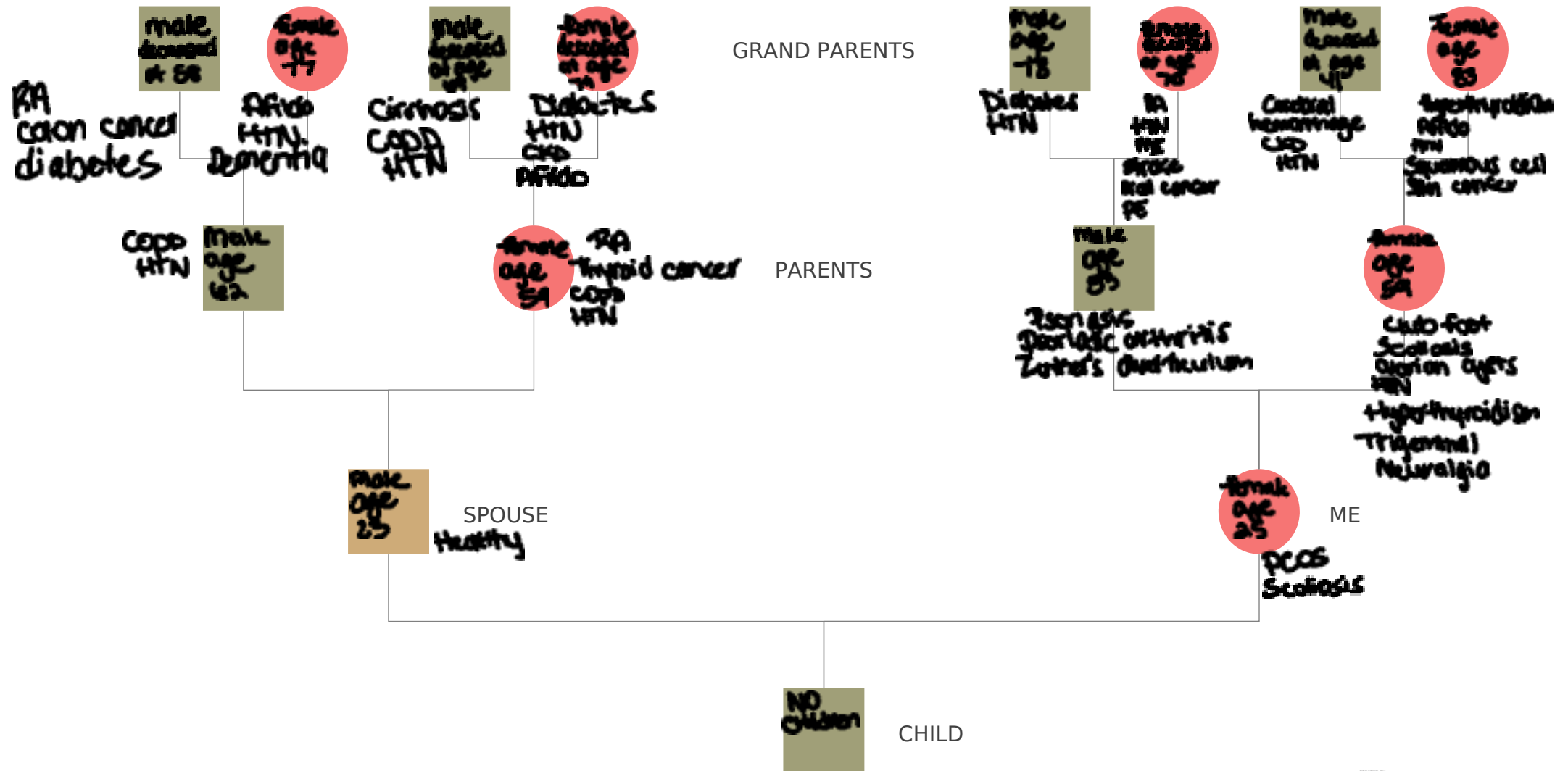
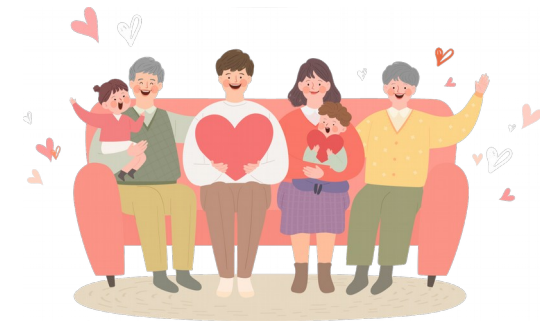


Family Genogram



Health Promotion and Health Maintenance Activities

Health promotion activities may include education and counseling programs that reduce the use of tobacco and alcohol, promote physical exercise, raise awareness of diseases, promote mental health, and improve nutrition. Health maintenance activities may include screenings, vaccinations, maintaining a healthy diet, increasing physical activity, following medication regimens, attending routine checkups, maintaining personal and oral hygiene, maintaining a healthy weight through diet and exercise, and maintaining mental health through getting adequate amounts of sleep and rest.