



# Teen Health:

## November Wellness Check-In



In honor of Lung Cancer Awareness Month, consider how to keep your lungs healthy!

Anyone with lungs can get lung cancer, so it's important to know what you can do to protect your lungs.

### Keep Your Lungs Healthy!



**Don't Smoke or Vape!**  
Smoking cigarettes and vaping can increase your risk for lung disease.



**Get Regular Checkups!**  
Regular medical visits, even when you're feeling well, help prevent disease and support early detection.



**Avoid Air Pollution!**  
Limit exposure to secondhand smoke and other outdoor air pollution like smog.



**Know Your Family History!**  
Having a relative who has had lung cancer may put you at high risk.



**Stay Physically Active!**  
Regular exercise helps strengthen your lungs.



**Eat a Nutritious Diet!**  
Eating a variety of fruits and vegetables can help keep your entire body healthy.

*November is...*

Lung Cancer Awareness Month

&

National Gratitude Month





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**Stronger  
than  
Cancer**



### Important Dates:

- Teen Health is back at 2215 Court Street in Port Huron! Construction is now complete, so be on the lookout for details on an Open House to see the new space.

### Services Offered:

- ✓ PHYSICALS
- ✓ SICK VISITS
- ✓ IMMUNIZATIONS
- ✓ COUNSELING
- ✓ SCREENINGS

### Hours Open:

Open Year-round  
Monday through Friday  
8:00 am - 4:30 pm  
\*\*Evening Appointments Available\*\*

### Stay in Touch!

Call (810) 987-1311  
or Visit  
[WWW.SCCHEALTH.CO/OFFICES/538](http://WWW.SCCHEALTH.CO/OFFICES/538)