

## Healthy Habits Card or Book Mark

### Helpful Materials

Paper and card making supplies. Page 2-3 includes clip art.  
'Help Yourself to Health' screening exam booklet or flip chart for each participant

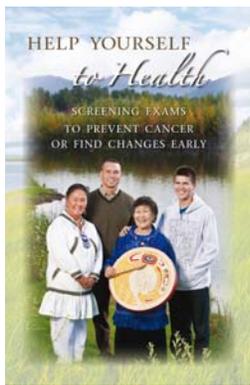
### Number of Participants

This activity works with any number of people. You will need enough materials for each person.

### Amount of Time

20 minutes

This art activity invites participants to create a wellness reminder greeting card or book mark for a friend, family member or client whom they want to encourage to have recommended screening exams.



Ask participants to read through the 'Help Yourself to Health' screening exam booklet. Underline messages they want to remember, star messages that they really like, and put a "?" where something is confusing or they want to know more about. After participants have an opportunity to look at the booklet ask them to share what they have underlined and starred. As people share their ideas, have everyone look at those pages. Then ask people to tell what their questions are and provide the missing information or let people know where to find that information. *If you do not know the answer to a question you can say that you do not know and either look for an answer or have them ask their health care provider.*

After the recommended screening exams have been discussed, each participant makes a wellness greeting card or a bookmark for someone they know whom they want to encourage to have recommended screening exams, to prevent cancer or find changes early when they can best be treated, as part of their wellness journey.

Thank people for their participation and sharing.





Roses are Red  
Violets are Blue  
I LOVE my COLON  
and so should YOU!

Roses are Red  
Violets are Blue  
I LOVE my COLON  
and so should YOU!

**Love Your  
Colon**

*Happy Birthday*

**Awesome!**

**GREAT**

***Excellent***

Celebrate Health

Love Your Colon!

***Excellent***

*Happy Birthday*

**Celebrate  
Wellness!**

**Love Your  
Colon**

*Happy Birthday*

**Awesome!**

**GREAT**

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