# Be Ready

PREPARE. PLAN. STAY INFORMED.

health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS

Wyoming

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

**Be Ready - April 2010**
**Program Guidelines**

- Improve your emergency tools, kits, supplies, or action plans each day during April.
- Think about, review, or discuss some aspect of emergency planning or preparation.

How did I do? What was most difficult? What small improvements have I made in my emergency preparedness? Why does my health and safety matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.

© 2010 Integrated Health & Wellness
Information may not be reproduced, copied, cited, or circulated in any printed or electronic form without written permission from Integrated Health & Wellness.