

Health and Wellness Resources

Alcohol →

http://www.helpguide.org/mental/alcohol_abuse_alcoholism_help_treatment_prevention.htm
<http://www.aa.org/?Media=PlayFlash>

Blood Pressure →

<http://www.cdc.gov/bloodpressure/prevention.htm>
<http://www.nlm.nih.gov/medlineplus/highbloodpressure.html>
<http://www.nhlbi.nih.gov/hbp/>
<http://www.hearthub.org/hc-high-blood-pressure.htm>

Cholesterol →

<http://www.cdc.gov/cholesterol/about.htm>
<http://www.hearthub.org/hc-cholesterol.htm>
<http://www.nlm.nih.gov/medlineplus/cholesterol.html>
<http://www.heart.org/HEARTORG/Conditions/Cholesterol/>

Diabetes →

<http://diabetes.niddk.nih.gov/>
<http://www.cdc.gov/diabetes/ndep/>
<http://www.diabetes.org/diabetes-basics/type-2/>

Tobacco Cessation →

<http://www.ucanquit2.org/>
<http://www.ucanquit2.org/>
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>
http://www-nehc.med.navy.mil/Healthy_Living/Tobacco_Cessation/Tobacco_PersonalHealth.aspx

Weight Management →

http://www.cdc.gov/healthyweight/losing_weight/index.html

[http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1&tax_s
ubject=390](http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1&tax_subject=390)

<http://www.nlm.nih.gov/medlineplus/ency/article/001943.htm>

Healthy Living Guides

[Navy and Marine Corps Public Health Center \(NMCPHC\)](#)

[Centers for Disease Control \(CDC\)](#)

[Healthier Feds](#)

[Evaluating Health Information on the Internet](#)