

health and wellness

learn about how to preserve your family's well-being with free accessible media



Whether you're looking for information about first aid, healthy family activities, emotional health, nutrition, or coping with disabilities and illness, the DCMP's collection has got you covered! Here are just a few of the many available titles:

First Aid: Basic Life Support

Food Poisoning: Prevention is Better Than Cure

Doc Zone: The Virus Hunters

Slender Existence (Eating Disorders)

Pushing the Limits of the Human Body

Johnny Junkfood in the 21st Century

The Truth About Teenage **Depression**

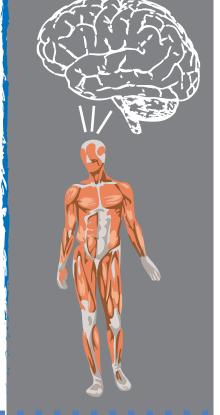
Great Times in All Kinds of Weather

The Spectrum of **Autism**

Medical Mayericks: Diet & Disease

The Living Body: Internal **Defenses**

Reflexology (Alternative Medicine)







#136 • revised Dec. 2011

The DCMP is funded by the U.S. Department of Education and administered by the National Association of the Deaf.



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