

THE STATE OF AMERICA'S HEALTH IN 2009



A COMPLETE GUIDE TO

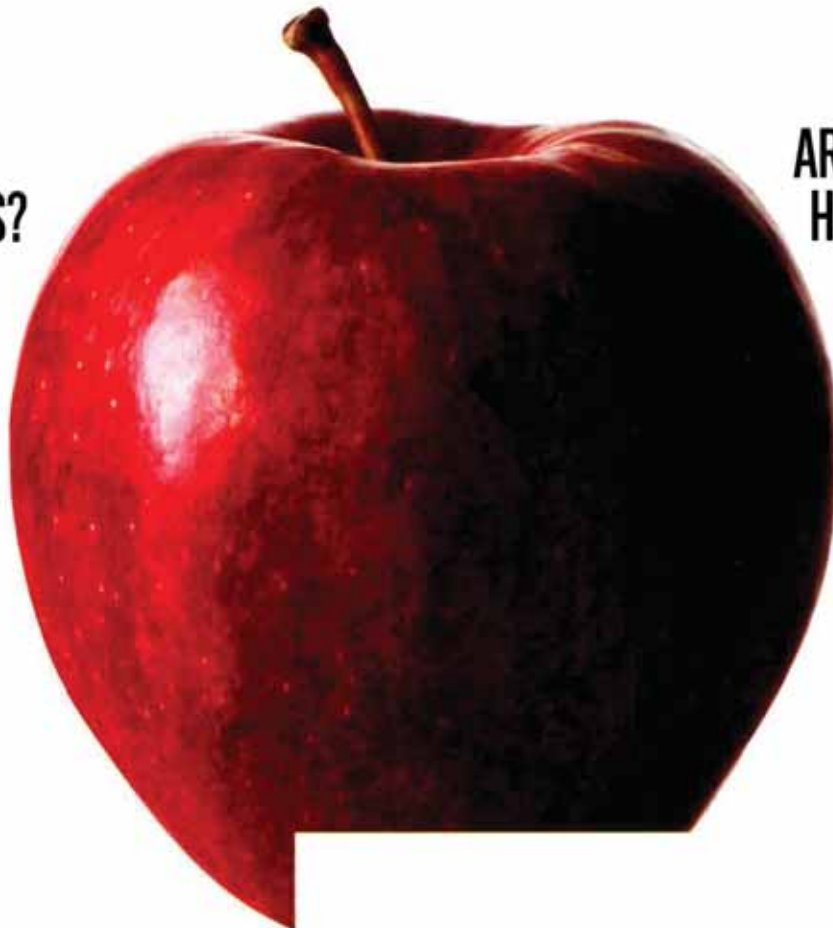
Health

& Wellness

HOW SAFE
ARE VACCINES?

YOUR TEEN'S
AMAZING
BRAIN

HOW TO QUIT
SMOKING—
REALLY



ARE YOU FIT TO
HAVE A BABY?

STAYING
YOUNG
BEYOND 40

HEALTHY
HABITS
AT ANY AGE

Over the past three years, Flex Your Power Award Winners have saved 3 BILLION kilowatt hours worth over \$500 MILLION.

Find out how they did it.

Visit **FlexYourPower.org**

Flex Your Power salutes the
following California organizations for
their investment in saving energy.

Join us as we continue to
save energy, money and
our environment.

Baxter Healthcare Corporation – Thousand Oaks
CalPortland Company
City of South Gate
Endothermic Solutions
Irvine Ranch Water District
Lake Arrowhead Community Services District
Long Beach Water Department
Moorpark Unified School District
Mothers' Club Family Learning Center*
Pools by Ben, Inc.
Pratt & Whitney Rocketdyne, Inc.
The Boeing Company
The Church of Jesus Christ of Latter-day Saints
The City of Irvine
University of California Irvine*

*Best Overall Winners

