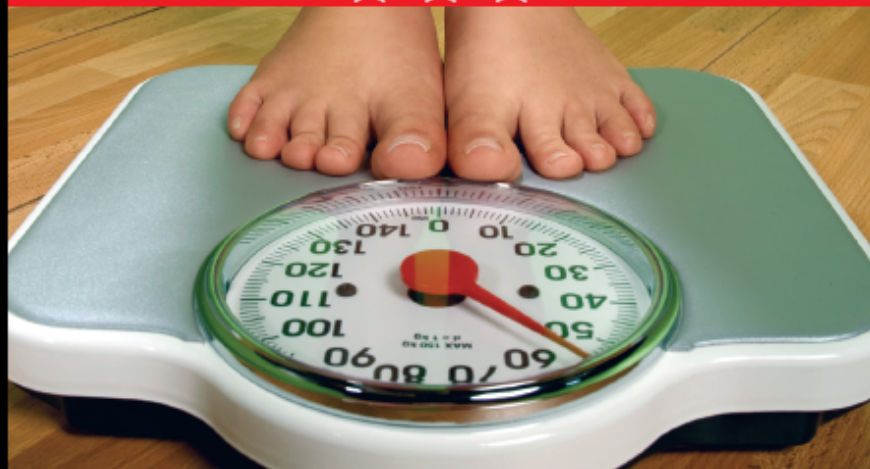


VOTE GOOD HEALTH



SEEK A HEALTHY WEIGHT

Shedding a few pounds makes sense, and not just for looks. Reaching a healthy weight can help you control your cholesterol, blood pressure and blood sugar, and prevent weight-related diseases such as heart disease, diabetes, and some cancers. Even just a 5% drop can significantly reduce your risk. **In this election year, vote for your own good health** by getting your weight under control.



I am Dr. Richard Moggio, L-3's Medical Director, and I approve this message.



VOTE GOOD HEALTH



GET A FLU SHOT

The flu can be serious or even deadly for elderly people, kids under 5 and people with heart or lung disorders (including asthma) or chronic diseases (such as diabetes, kidney disease, anemia or immune system problems). An annual flu shot is an absolute must for anyone who's in one of these categories or who lives with someone who is. **In this election year, vote for your own and your family's good health** by getting a flu shot. It's easy, inexpensive and your best "shot" at reducing the risk that the flu will catch you.



I am Dr. Richard Moggio, L-3's Medical Director, and I approve this message.

