



1819 Farnam St., Room 401, Omaha, Nebraska, 68183-0401

Promoting and Protecting Public Health

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Father's Day E-Card Is Gift for Good Health and Life

Here's a Father's Day gift that is simple and affordable.

It might even keep him around a little longer.

A simple click or two on your computer keyboard can send your Dad a reminder to get the checkups he needs for good health, and let him know just how important he is to you.

Just go to www.ahrq.gov and then click on the Health e-Card image in the upper right corner to customize and send a Father's Day Health e-Card to your Dad. That's the website of the Agency for Healthcare Research and Quality, a division of the U.S. Department of Health and Human Services.

Use the card to make sure Dad talks to his doctor about the preventive tests he needs to have and when he needs to get them. Your Dad's health is important, so make sure he knows you're thinking about him and how you feel.

Let Dad know you want him to be around for years to come.

Then, go buy a tie and have a cookout.

www.douglascountyhealth.com

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