



**FOR IMMEDIATE RELEASE:
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Health District posts latest edition of 'The Perspective'

LAS VEGAS - The most recent edition of "The Perspective," the Southern Nevada Health District's quarterly e-newsletter, is now available on the health district's website, www.SNHD.info. Each issue provides a public health perspective on a particular topic. This edition tackles Breaking Bad Habits - eating poorly, smoking, alcohol consumption, and little or no physical activity. To view the newsletter, visit <http://www.southernnevadahealthdistrict.org/newsletter/enews/1401-perspective.html>

Read about the easiest ways to eat a healthier diet and a guide to nutritional labels, how to take baby steps to more physical activity and options right here in Southern Nevada, tips about how to quit smoking and how to ask for assistance from your physician, and how physicians and patients should discuss alcohol consumption – all in the current edition of "The Perspective."

To subscribe to "The Perspective," visit <http://www.southernnevadahealthdistrict.org/newsletter/?p=subscribe> and receive quarterly updates.

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