



## Healthy Beginnings

for parents of children in grades PreK-3<sup>rd</sup>

## Healthy Growing

for parents of children in grades 4<sup>th</sup> -5<sup>th</sup>

## Healthy Choices

for parents of children in grades 6<sup>th</sup>-8<sup>th</sup>

*“I am a reviewer for the Healthy Newsletters. I give my personal congratulations to the publisher. Accurate, comprehensive information is rarely offered in such an engaging format.”*

Charles J. Barone II, M.D., F.A.A.P.  
Chair of Pediatrics, Henry Ford Health Services

### Purpose:

- To help families raise mentally and physically strong children
- To give strong support for parent involvement in schools
- To promote the teaching of health education

### Professionalism:

- Professionally written and illustrated, with review by 10 leading national health specialists

### Awards:

- Seven awards from National Health Information Awards; Parents’ Choice Award; The Communicator Award of Distinction

Order form on web site ([www.bridge-comm.com](http://www.bridge-comm.com)). Spring orders due January 15, 2005.

## Healthy Teens: Facing the Challenges of Young Lives

By Alice R. McCarthy, Ph.D.

\$14.95 + \$3.50 s/h, ISBN 0-9621645-5-0

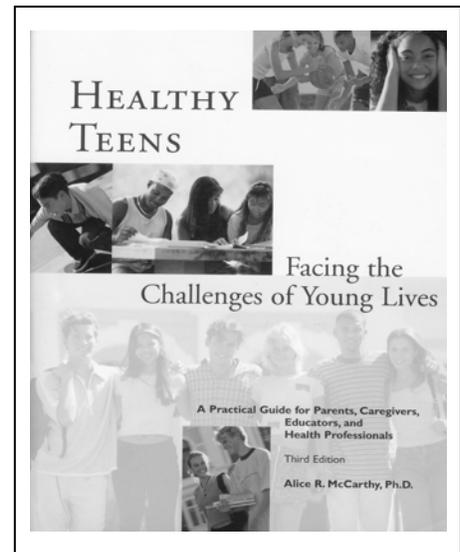
Bulk pricing and review copies available.

### Awards:

- *ForeWord*: Best Health Book
- Benjamin Franklin Awards: Design
- National Health Information Awards
- *Writer’s Digest*: Best Research Book
- “Excellent book” Jane Brody. *NY Times*

*“Healthy Teens affords us a thorough overview of contemporary information related to adolescent health issues, development, and high risk behaviors. There is careful attention not only to editing and design, but to providing extensive annotated references at the end of 12 chapters and an excellent index of the 270 pages.”*

Robert G. LaChausse, Professor  
California State University, San Bernardino



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