



NORTHERN NEVADA  
**Public Health+**

# TV SPOTS

ENGLISH VERSION



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SPANISH VERSION



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# BILLBOARD

**5210**  
—HEALTHY WASHOE—

**Your Wellness Matters!**

[www.5210washoe.com](http://www.5210washoe.com)

NORTHERN NEVADA  
**Public Health**

**5**  
fruits  
& veggies.

**2**  
hours or less  
of screen  
time.

**1**  
hour  
of exercise.

**0**  
sugary  
drinks.

ENGLISH VERSION

# BILLBOARD

5210  
-HEALTHY WASHOE-

¡Tu bienestar  
¡importa!

[www.5210washoe.com](http://www.5210washoe.com)

NORTHERN NEVADA  
Public Health

5  
frutas  
y verduras.

2  
horas o  
menos  
de pantalla.

1  
hora  
de ejercicio.

0  
bebidas  
azucaradas.

SPANISH VERSION

# FACEBOOK MOSAIC



5210 Healthy Washoe supports healthy choices in schools, communities, and workplaces, encouraging us all to make health a priority. Use 5 2 1 0 to achieve your daily goals.

#5210WashoeCounty #YourWellnessMatters

5210 Healthy Washoe promueve la conciencia y la disponibilidad de opciones saludables en escuelas, comunidades y lugares de trabajo, alentando a todos a priorizar una mejor salud. Deja que el programa 5 2 1 0 te ayude a tener éxito en establecer y alcanzar tus metas diarias.

#5210WashoeCounty #TuBienestarImporta

# FACEBOOK FLYER



5210 Healthy Washoe is dedicated to making it easier for you to build and maintain healthy lifestyle habits that support good nutrition, active living, and overall well being.

#5210WashoeCounty #YourWellnessMatters



El programa 5210 Healthy Washoe te ayudará a construir y mantener hábitos para una vida saludable, combinando una buena nutrición, actividad física y salud mental.

#5210WashoeCounty #TuBienestarImporta

# SOCIAL VIDEOS

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