

Your Best Health Insurance



Action Steps for Better Health

1. Wash your hands "a lot" for 30 seconds with soap and water. Do not touch your hands to your eyes, nose or mouth.
2. Walk or ride for ½ hour per day (vary speed).
3. Eat one apple or banana per day.
4. Drink five 8-oz. glasses of water per day.
5. Cut stress – Pay yourself first.
6. Don't smoke.



We appreciate your business.

Your physical and financial health is of great importance to all around you.

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