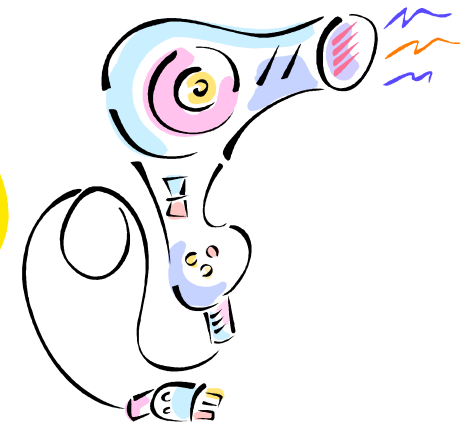
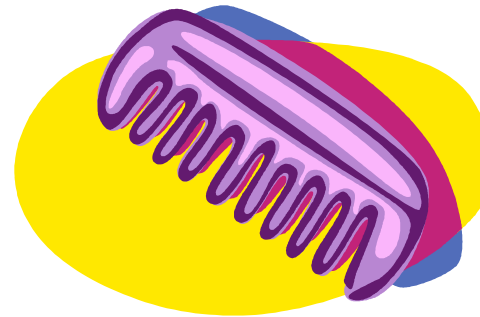


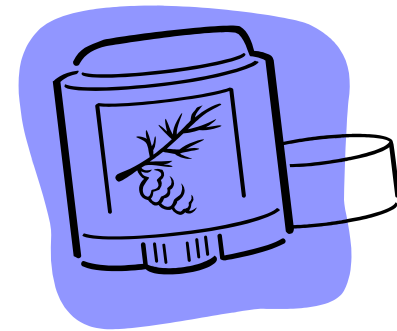
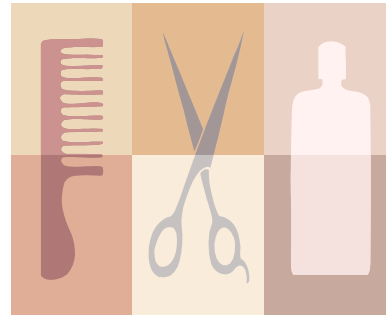
Selecting and Using Healthcare Products

- What do you really need?
- Brand name vs Generic
- How to read the labels
- Sharing
- Allergic Reactions



What Do You Really Need

- Deodorant
- Shampoo
- Toothbrush/paste
- Hair brush/Comb
- Soap/Body Wash
- Acne products
- Moisturizer



Brand Name vs Generic

- Ingredient Comparison
- Cost
- Personal Experiences
- Company Reliability

How To Read The Labels

- Ingredients
- Lather, Rinse, Repeat?
- Is it really good for that?
- How much is too much?

Sharing

- What is ok to share, what is NOT!
- How to say no when asked to share a personal hygiene product



Allergic Reactions

- What an allergic reaction might look or feel like
- What to do if you think you are allergic to a product
- Emergency allergic reactions

