

## welcome to the mcwh multilingual resource collection!

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### punjabi collection topics list 1

#### Women's Health

- Abortion
- Breastfeeding
- Pap Smear/Test
- Postnatal Depression

#### General Health

- Child Development
- Cholesterol
- Diabetes
- Exercise
- Healthy Heart
- Nutrition
- Osteoporosis
- Sexual Health:  
*STIs*

#### Occupational Health & Safety

- Health and Hygiene

#### Social Health

- Drugs and Alcohol:  
*Amphetamine Sulphate*  
*Antibiotics*  
*Cannabis*  
*Cocaine*  
*Crack*  
*Ecstasy*  
*Heroin*  
*LSD*  
*Smoking*  
*Solvents*
- Mental Health



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