

# choose you

Live above the influence.



**“I choose to be fully present for every moment.  
I choose to live substance free.”**

Anne S. > Native American Elder  
Omaha, Nebraska

See Anne's story and find resources  
to help you live substance free at:

[dhhs.ne.gov/chooseyou](https://dhhs.ne.gov/chooseyou)



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“I choose to **keep myself healthy and fit.**  
I choose to live substance free.”

Arleth R. > Norfolk, Nebraska

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

See Arleth's story and find resources  
to help you live substance free at:

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“I choose to be **a role model.**  
I choose to live substance free.”

Carter O. > David City, Nebraska

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to help you live substance free at:

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“I choose to be **present for my grandkids.**  
I choose to live substance free.”

Janice M. > Papillion, Nebraska

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to help you live substance free at:

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