

# SmoothMovesYHT.org

## YOUTH HEALTH TRANSITION

### Teen Health and Transition INFO Website

Information is Power!

- YHT is about preparing you for independence & the future of your dreams!
- Come explore your interest, find information on teen health topics & even play a few games!
- The SmoothMovesYHT.org website has activities & resources to get you ready for a smooth transition to adulthood!

SmoothMovesYHT.org  
can help you plan  
for the future  
**YOU** want!

AGE  
14-17

Get ready to  
take charge of  
your health and  
healthcare!



**LSU Health**  
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School of Nursing

