



TREINAMENTO A SÓS  
**ONLINE**

# SAÚDE EM DIA PARA UMA VIDA SEXUAL SAUDÁVEL

# SAÚDE SEXUAL

## PRINCÍPIOS BÁSICOS

A top-down view of a dark-colored bowl filled with a fresh salad. The salad consists of vibrant green spinach leaves, sliced pieces of light-colored chicken, and clusters of small, dark red berries. Two wooden spoons are placed diagonally across the bowl, one at the top right and one at the bottom left. The text "BOA ALIMENTAÇÃO" is overlaid in the center of the bowl in a bold, black, serif font.

# BOA ALIMENTAÇÃO



**EVITE FUMAR**



**MANTENHA UM BOM PESO**

A collection of alcoholic beverages including beer, wine, and whiskey. The beer is in a tall glass with a thick head of foam. The wine is in a red wine glass. The whiskey is in a lowball glass with ice cubes. There is also a glass with a green drink and lime slices.

# REDUZA SEU CONSUMO DE ÁLCOOL



**TENHA BONS HÁBITOS DE HIGIENE**



**MENOS PORNOGRAFIA, MAIS IMAGINAÇÃO**





# **CUIDE DA SUA SAÚDE SEXUAL**

**a sós**

**OBRIGADO!**