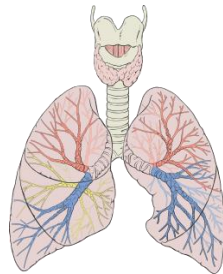
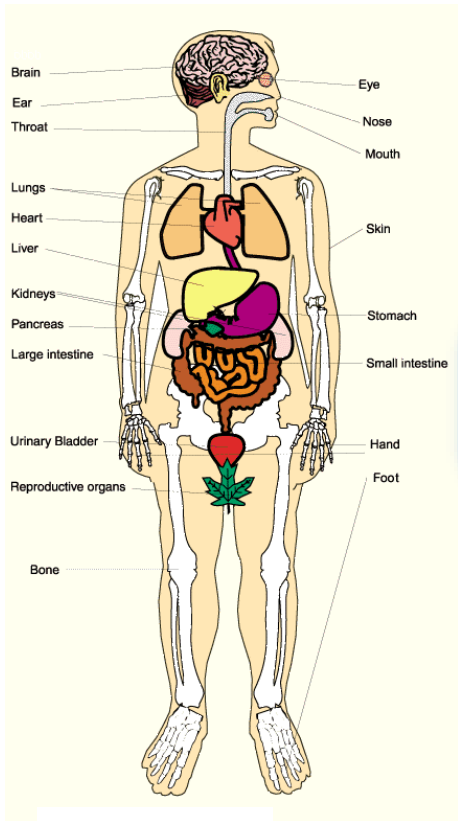




JAPRI Community Outreach Program

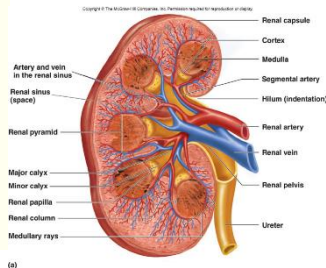
Maintaining Your Health Factsheet

Major Organs and Bones of Human Body



Lungs

- Provide oxygen to blood
- Release carbon dioxide from blood



Kidneys

- Filter blood to make urine
- Release or retain water
- Remove metabolic wastes



Red Blood Cells

Feeds body oxygen and iron

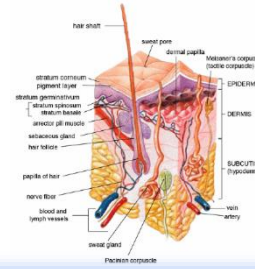
JAPRI Community Outreach Program Contact Information

James C. Woodley, President, at (252) 752-7324-H (252) 295-8380-C

Email: woodley50@yahoo.com

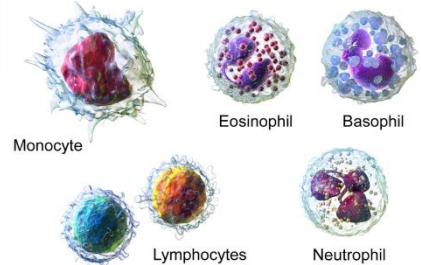
Website: www.japri.org

Regular mail: P.O. Box 31192, Greenville, NC 27833



Skin

- Provides protective covering for body
- Helps regulate body temperature
- Helps regulate body's moisture



White Blood Cells

- Fight foreign invaders
- Body's first line of defense
- Immune system is body's second line of defense

Diseases Affecting Blacks (mostly)

- Asthma
- Hypertension
- Heart Disease
- Sarcoidosis
- Cancer
- Stroke
- HIV/AIDS
- Diabetes