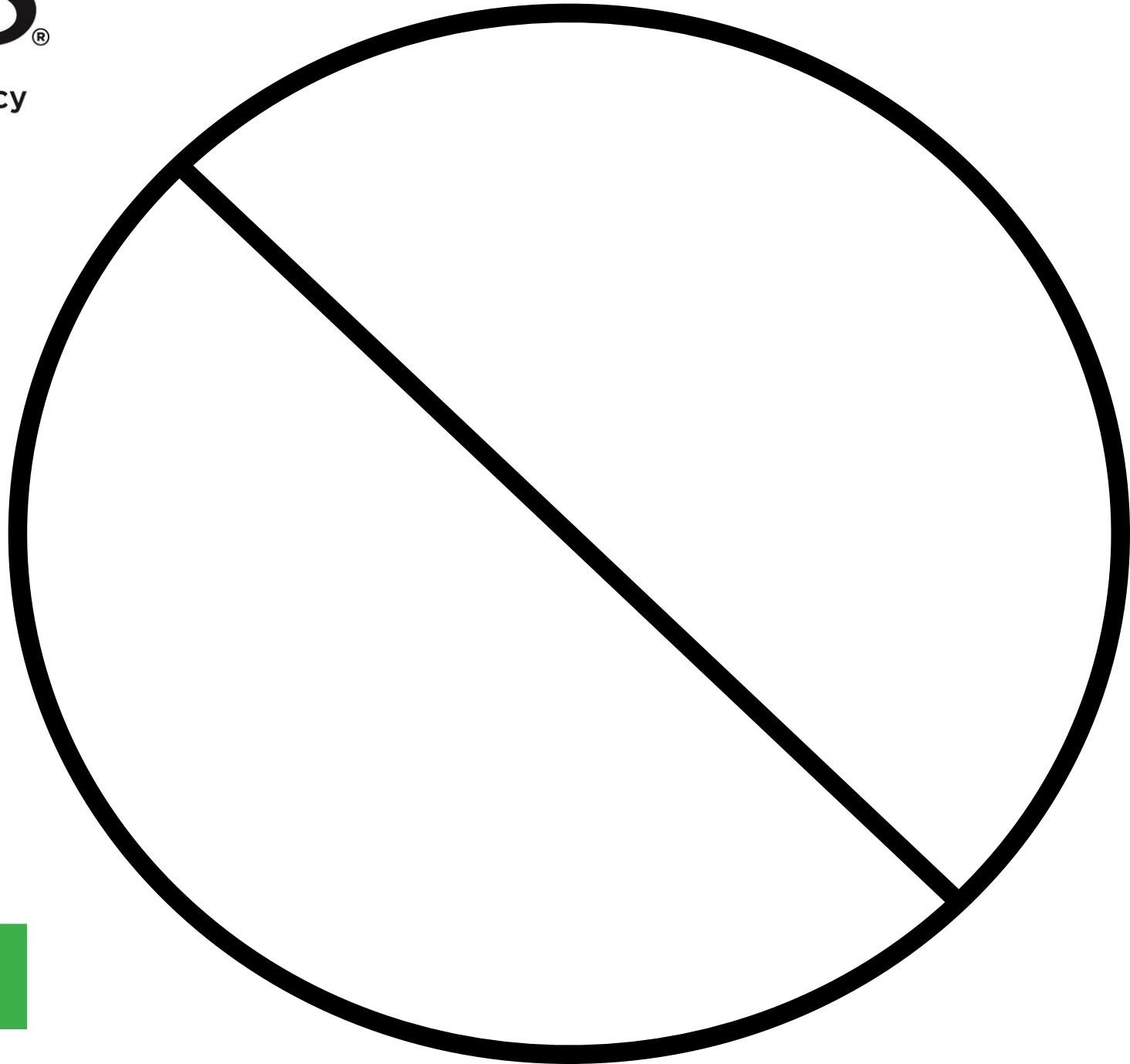


UAMS[®]

Center for Health Literacy

#PlainPledge[®]



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To take the #PlainPledge, follow the directions below:

1. Choose a health-related word that you pledge to stop using or explain
2. Write the word in the word buster – nice and big
3. Take a selfie holding the word buster
4. Post the selfie on Facebook, Twitter, or Instagram using #PlainPledge
5. Tag the UAMS Center for Health Literacy so we can see it too!