## **ENERGY-SAVING IDEAS**

DID YOU KNOW THAT AIR POLLUTION POSES THE MOST RISKS TO SENIORS AND CHILDREN? AND THAT CHILDREN BREATHE AN AVERAGE OF SIXTEEN TO THIRTY BREATHS PER MINUTE, MAKING THEM THE MOST SUSCEPTIBLE TO AIRBORNE POLLUTANTS? LUCKILY, YOU CAN PROTECT YOUR GROWING CHILD BY HAVING YOUR AIR DUCTS PROPERLY CLEANED BY A MEMBER OF NADCA, THE NATIONAL AIR DUCT CLEANERS ASSOCIATION. VISIT BREATHING-CLEAN--DOT--COM TO LEARN MORE AND TO START PROTECTING THE ONES YOU LOVE.