

September is “Take a Loved One to the Doctor Month”

Only You Can Keep Yourself Healthy!



**GET REGULAR
CHECK-UPS AND
PREVENTIVE SCREENINGS**



**MAKE HEALTHY
FOOD CHOICES**
(Eat More Fruits & Veggies)



**MAINTAIN A
HEALTHY WEIGHT**
(More Physical Activity)

All of These = A Healthy You

**PROMOTE A HEALTHY LIFESTYLE FOR
YOURSELF AND THOSE YOU CARE ABOUT**

For more information, please visit
<http://www.floridahealth.gov/healthy-people-and-families/minority-health/take-a-loved-one-to-the-doctor-day.html>

