September is Take a Loved One To The Doctor Month

Keep Yourself Healthy

Get Regular Checkups & Preventive Screenings

Make Healthy Food Choices
(eat more fruits & vegetables)

Maintain a Healthy Weight
(more physical activity)

...and

Encourage Your Loved Ones To Do The Same

Florida HEALTH

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