

# 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>

