The most important things you need to know about your health may not be as obvious as you think.

**Health = A rewarding job with a living wage**
Little control at work, high stress, low pay, or unemployment all contribute to poor health.
Your job makes a difference.

**Health = Food on the table and a place to call home**
Having access to healthy, safe, and affordable food and housing is essential to being healthy.
Access to food and shelter makes a difference.

**Health = Having options and opportunities**
The thing that contributes most to your health is how much money you have. More money means having more opportunities to be healthy.
Money makes a difference.

**Health = A good start in life**
Prenatal and childhood experiences set the stage for lifelong health and well-being.
Your childhood makes a difference.

**Health = Community belonging**
A community that offers support, respect, and opportunities to participate helps us all be healthy.
Feeling included makes a difference.

**How can you make a difference?**
Action to improve the things that make ALL of us healthy depends on ALL of our support.

**Start a conversation.**
Share what you know.

To learn more, call the Sudbury & District Health Unit at (705) 522-9200, ext. 515 or visit www.sdhu.com.