The most important things you can do for your health may not be as obvious as you think.

**Learn**

Eating well and exercising are important, but the things that contribute MOST to our health are how much money we have and our status within our community.

- **Health** = Having options and opportunities
- **Health** = A rewarding job with a living wage
- **Health** = Food on the table and a place to call home
- **Health** = A good start in life
- **Health** = Community belonging

**Listen**

Everyone has a story to tell. Listen and consider the ways in which people’s stories shape their ability to be healthy.

“I’ve just lost my job.”
“There is mould in my apartment.”
“I wish I had friends to hang out with.”
“I can’t find good daycare.”
“I sometimes go to school hungry.”

**Make your voice be heard.**

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 our website at www.sdhu.com.