

# 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](http://www.sdhu.com)**.