

# Healthy Ties That Bind

**YOUR HEALTH MATTERS  
TO YOU & THOSE YOU LOVE.**



**Visit your doctor,  
your insurance covers an annual  
physical, including blood pressure,  
cholesterol, and diabetes screenings.**

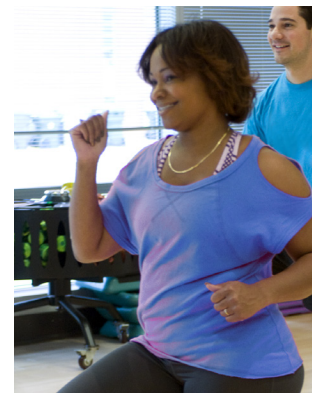
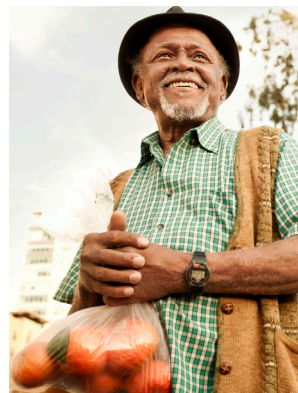
## TAKE CHARGE OF YOUR HEALTH.

**Enjoy more fruits &  
vegetables.**

Visit your healthy corner  
store for more than a  
dozen tasty offerings.

**Stay active &  
keep moving.**

Visit a recreation center  
for FREE classes such as  
dance & water aerobics.



Know what services are available in your neighborhood:

**[LCHCnetwork.org](http://LCHCnetwork.org)**