

Working together

for your health



ActNowBC



LET'S GO! All aboard for the Journey to Good Health!

Not an easy road for you?
Join Fraser Health as we strive to live
healthy with these tips:

- Walk. It's easy, cheap and can be done anywhere, anytime.
- Add extra fruit and veggies to your day. Try something different.
- Stop smoking. Make a date and ask for help.



For more information, visit www.fraserhealth.ca



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