

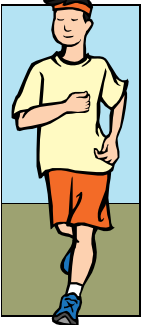



**fraserhealth**

Better health.  
Best in health care.

## Suggestions to Help You Manage Your Health

Living Well with Your Health Conditions

|   |                          |
|---|--------------------------|
|    | <b>Nutrition</b>         |
|   | <b>Physical Activity</b> |
|  | <b>Medication</b>        |
|  | <b>Other</b>             |

Health Professional: \_\_\_\_\_ Phone: \_\_\_\_\_

This information does not replace the advice given to you by your healthcare provider.