



AUGUST



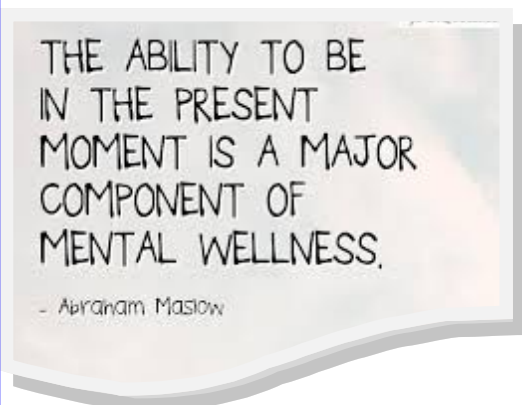
WELLNESS MONTH

This month we look at wellness - Take control of your health!

Wellness means Feeling Good!

Your physical and emotional/mental health are all connected. Taking care of your body helps keep your mind healthy, and vice versa.

Mental Wellness



Move It

Get moving to look and feel your best!

Regular activity is one of the most important things you and your family can do to improve your health.



Tobacco-Free Living

Tobacco-free living is avoiding use of all types of tobacco and also living free from secondhand smoke.



Tobacco Free
Living

Eat Well

Eat healthy foods and drinks.

They keep you looking and being your best.



Sleep Well

Getting enough rest each night can help you with stress. Sleep also repairs your body and helps you fight off illness and disease.



Adapted from <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Focus-Areas/TobaccoFree-Living>

For more information, please contact Health Promotion on tel: 22500 ext: 2037 or Health Promotion Co-Ordinator, Marian Yon, via e-mail: marian.yon@publichealth.gov.sh