

Buena Salud® Club



June is Men's Health Month!

This month we remind men and boys, and the families who love them, to lead a healthy lifestyle, screen for preventable health conditions, and see a health care provider on a regular basis.

Tips for Better Health

- 1. Get at least 7-8 hours of sleep a night.**
- 2. Do not use tobacco products and avoid second-hand smoke.**
- 3. In addition to your work activities, exercise at least 30 minutes a day as often as possible.**
- 4. Limit alcohol to no more than 2 drinks per day.**
- 5. Take Action! If something in your body does not seem right, see your health care provider.**

Questions? Call us today @ 866-783-2645 for free health info!

!Vive tu vida! Get Up, Get Moving! 2017 Events Schedule

- » **Los Lunas, NM-----July 29**
- » **Omaha, NE-----September 9**
- » **Vineland, NJ-----September 23**
- » **Kissimmee, FL-----October 7**
- » **San Diego, CA-----October 14**
- » **Brownsville, TX-----October 21**
- » **Dallas, TX-----October 28**
- » **Houston, TX-----November 4**
- » **Los Angeles, CA-----November 18**

**A FREE, fun event
for the whole family!
Featuring: Health
Screenings, Healthy
Snacks, Giveaways,
and more!**

Visit www.getupgetmoving.org for more information.

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