

HAVING A DISABILITY DOESN'T MEAN YOU CAN'T BE HEALTHY.

CHOOSE HEALTHY HABITS:

- ✓ Eat healthy foods in healthy portions
- ✓ Be physically active every day
- ✓ Get regular checkups

✓ **Don't use
tobacco**

Institute for Disability Studies



Based on "What It Means to You: The 2005 Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities," U.S. Department of Health and Human Services.

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AA/EOE/ADA



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WITH DISABILITIES

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