

KEEP ME HEALTHY TOO

If you have a **Learning Disability**, or are the carer of someone who does, we want to hear about **your** experience of **Annual Health Checks**.

We are working with Doctors and Nurses to make sure you get an Annual Health Check and the help you need to keep healthy.



GOOD DIET

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.



COOKING FROM SCRATCH

When you cook from scratch you are in control of the amount of fat, salt and sugar you add.



EXERCISE

Exercise prevents health problems, builds strength, boosts energy, and can help you reduce stress.



MORE INFORMATION
www.yourvoiceadvocacy.org.uk



CONTACT US
07496189771