

I my healthy City

**Providing
better choices
for HEALTH &
WELLBEING**

**Choose
Health.
Eat Well.
Get
Moving!**



**Promote
Health
Prevent
Care**

Wellness Week

September 16 - 21

Improve diet & physical activity
Reduce harmful use of alcohol
Essential NCDs drugs
Choose to be smoke free

Reduce your salt intake

Regular check-ups

www.paho.org/wellnessweek

Facebook/PAHONCDs

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**Pan American
Health
Organization**