

Building *healthier communities* together

There are so many ways to contribute to building a healthier community together. Give these ideas a try or craft new ideas of your own and invite a friend or family member to join in!



- Try a new vegetable or fruit
- Eat a balanced diet
- Make a new recipe
- Have a healthy breakfast
- Watch your portion sizes



- Explore a new area
- Try a new hobby
- Attend a community event or class
- Ask lots of questions
- Commute in a new way



- Become a mentor
- Visit the elderly
- Join the hospital auxiliary
- Read to children
- Donate blood



- Plan a social gathering
- Smile and wave to others
- Join a local club or organization
- Practice random acts of kindness
- Connect with a long-lost friend



Samaritan
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samhealth.org/Together