

TAKE CONTROL OF YOUR health!



Your Health Matters.

Let's keep the
San Fernando Valley
healthy, strong and
COVID-FREE!

WeVAX+
LOS ANGELES



**SCAN TO FIND A
VACCINATION SITE
NEAR YOU
VACCINES.GOV**



THE COVID VACCINE IS FREE!

Get vaccinated today against COVID-19 and start enjoying the things you stopped doing because of the pandemic. You can travel to visit family, enjoy the 4th of July with neighbors and friends, hug your grandkids, and so much more!



EAT RIGHT

A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Contact MEND or your local food bank, if in need of food.



GET UP, GET OUT AND MOVE, MOVE, MOVE!

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.

