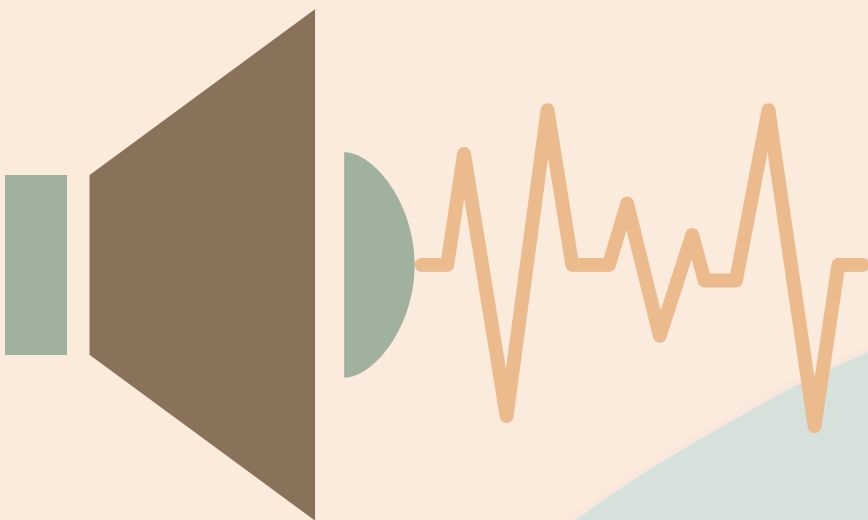




Use your voice to create  
a healthier community.

[Register to vote!](#)



Plant a community garden!



# HEALTHY NEIGHBORHOODS

Visit your local  
Farmer's Market!



Join a walking club!



CENTRAL CALIFORNIA  
PUBLIC HEALTH  
CONSORTIUM

# MAKE THE CLIMATE HEALTHIER


- Shop Second Hand
- Bring your own water bottle
- Compost food scraps & recycle

*Little changes make a big difference*

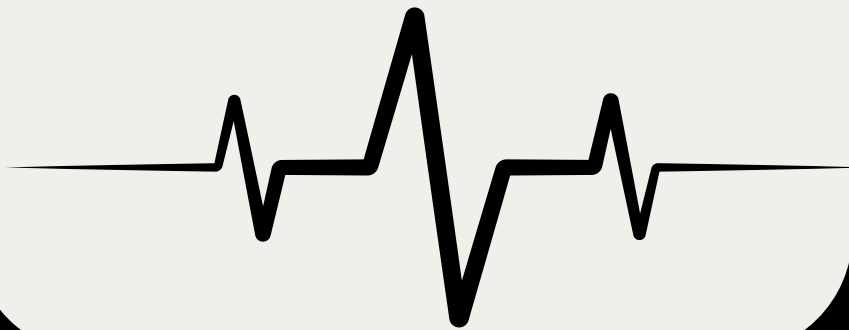




# ***Jumpstart your health journey!***

A stylized illustration of a black smartwatch with a white face. The watch is centered on a light gray rounded square background. The text 'Download health apps to your smartwatch or phone today' is displayed in a dark green font on the watch face. Below the text is a black line graph representing a heartbeat, with three distinct peaks of varying heights. The watch has a black strap and two buttons on the right side.

Download health  
apps to your  
smartwatch or  
phone today



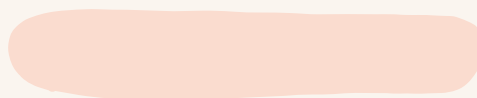
National Public Health Week



CENTRAL CALIFORNIA  
PUBLIC HEALTH  
CONSORTIUM



DON'T BE AFRAID  
TO GET AN STI TEST!



# BE PREPARED FOR EMERGENCIES



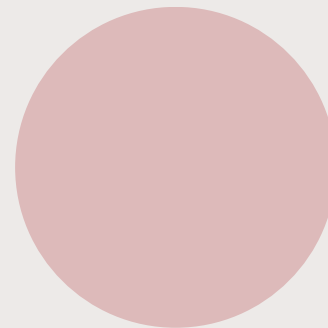
Make an  
emergency  
supplies kit



Register to  
receive local  
emergency alerts



Talk to your  
children about  
what to do in an  
emergency





BE A PART OF A HAPPIER,  
HEALTHIER FUTURE



Get involved by filling out  
your county's Community  
Health Assessment survey!