Latino/Hispanic communities often face health disparities. Let us help keep you and your family healthy.

The Taking Action for Our Health website will help you better understand:

- Why you may be at increased risk for cancer, heart disease, diabetes, and depression.
- When to get screened and how to connect to trusted resources for screenings
- How you can help yourself, your friends, and family improve overall emotional health

The power is in your hands!

www.takingactionforourhealth.org