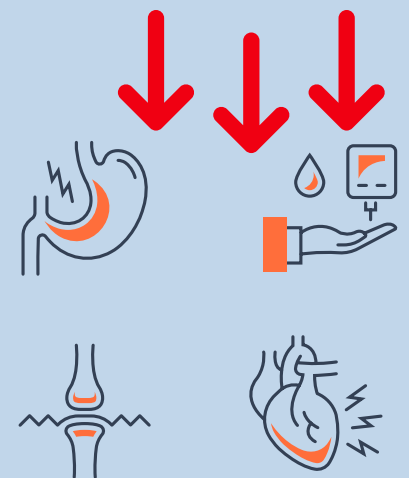
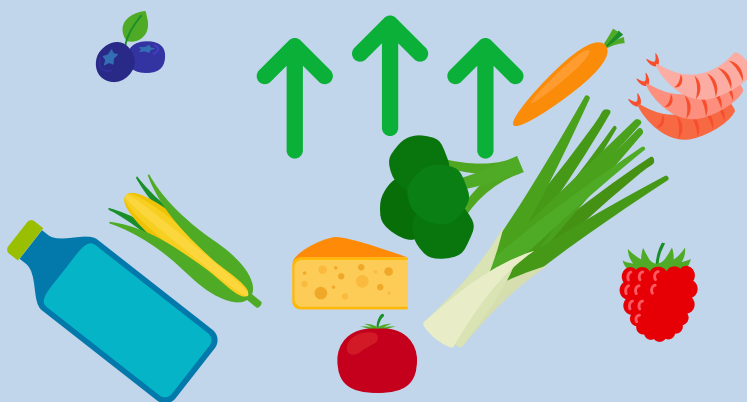
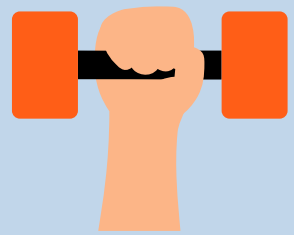
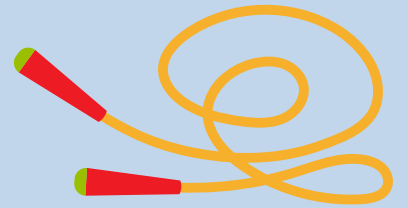


Healthy lifestyle Awareness Month

To live a healthy lifestyle, make smart choices about:

- food and how it is prepared,
- being physical active,
- managing stress,
- sexual behaviour,
- not smoking, taking drugs and abusing alcohol.
- Healthy lifestyle choices can lower the risk of developing diseases such as diabetes, high blood pressure, high cholesterol, heart problems, gout, cancers and mental health



Source: WoW! Healthy Lifestyles Actions leaflet



Western Cape
Government

FOR YOU

Health