

HEALTHY MIND & BODY

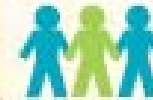
Cuerpo y Mente Sano



Exercise
Haga ejercicio



Help others
Ayude a otros



Connect with others
Conectese con otros



Eat healthy
Coma sanamente



Get sleep
Duerma bien



Pray/Meditate
Reza, medita



Take prescribed medications
Tome medicamentos recetados



Kansas Statewide Farmworker Health Program

Together for a Healthier Kansas



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