



NOTICE THE SIGNS: "World Health" Day

Building a fairer and healthier world

Over the past 50 years this day has brought to light important health issues such as mental health and climate change.

Some people can live healthier lives and have better access to health services than others, so spreading the word and informing others can be an excellent way to celebrate World Health Day.

Everyone can take a hand in improving the overall health of the world, just by starting with yourself, your family and your community.

Ways you can help:

- Getting outside can help your own health
- Eat more fruit and vegetables daily
- Volunteer at a food bank
- Recycle where you can
- Talking about it!



- 1 Some people live healthier lives due to living conditions
- 2 Some groups have negligible access to safe environments, clean water and air, food, security and health services.
- 3 This causes suffering, avoidable illness, and premature death.
- 4 This is not only unfair, it's preventable.
- 5 Need leaders to: work together, collect reliable data, tackle inequalities, and act beyond barriers

**"My life is limitless,
I CAN achieve and
do anything I have
dreamed."**

For more information and support
<https://dorsetmindyourhead.co.uk/>