

# Health & Wellness Workshop:

**Audience: 1095 Grant Participants**

**Lemon Hill Job Center**

- **Preventive Health**
  - Even if you are not sick, you should visit your doctor once or twice a year for a checkup and the dentist to have your teeth cleaned up.



- **Eating Healthy**

- Fast Food is very common In the U.S. and the portions are much longer than most countries.
- Balance your diet with healthy meals and fruits and vegetables for your long-term health.



- **Exercising**

- If you eat healthy, exercise regularly, and visit the doctor for a checkup on a regular basis, you will save money in the long-run and lead a healthier lifestyle.



- **Hygiene At Home**

- Do not leave food or trash out in your home. Always wash dishes with food on them. Otherwise, insects or rodents will be attracted.

- Take the trash out on daily basis.



- **Additional.**

- Brushing teeth, Morning shower, and using deodorant.

