



SCAN ME

# TAKE ACTION

*for health*

Scan the QR code to take action.

African American and Black communities often face health disparities. Let us help keep you and your family healthy.

The Take Action for 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.
- How to get cultural and trusted resources to get screened.
- How to help your friends, family, and community cope with stress.

The power is in your hands, so get started today!



[www.takeactionforhealth.org](http://www.takeactionforhealth.org)