

HEALTH HAPPENS WITH

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Want to Make Health Happen?

Here's your Opportunity

Health Happens Here

- **Raise awareness about where health happens.** “Like” Health Happens Here on Facebook or “Share” the Health Happens Here animated video.
- **¡Sí se puede! Get engaged in your community:** Become a volunteer or an organizer, donate to a cause or participate in local organizations. Find a list of Health Happens Here Partners here.
- **Let your voice be heard.** Vote! And encourage friends and family to vote too.

Make Health Happen in Neighborhoods

- **Ride your bike** to work or school.
- **Invest in the California FreshWorks Fund** (for as little as \$20). Companies, community organizations, and individuals can help bring grocery stores to neighborhoods that need them by donating to www.calendow.org/InvestInCAFWF.
- **Ask your local councilmember and city or county department of transportation** for lighting in your neighborhood parks. Find a list of local and state government websites at www.calendow.org/AskYourGov.

Make Health Happen with Prevention

- **Get a check-up.** Under the new health care law your annual wellness visit to your doctor is free with your health care plan.
- **Small business owners can take advantage of the small business health care tax credit** to help provide health coverage to your employees. Learn more at healthlawguideforbusiness.org.
- **Encourage your policymakers** to remove subsidies for junk drinks, like sugary-soda, in the CalFresh (food stamp) program.

Make Health Happen in Schools

- **Write a restaurant review** about the nutritional quality of your school lunch or your child's school lunch and post it on **Yelp**, **Facebook** or **Patch.com**.
- **Attend a Wellness Council meeting** at your local school, and if your school doesn't have a Wellness Council – ask why not.
- **Advocate your district's school board** for common-sense school discipline instead of suspending and expelling kids.

Whether you're a student, a parent, a small business owner, a school board member, or even the governor of the state, there's a way for you to get involved! For more information, visit us at www.calendow.org.

