WHAT WOULD YOU CHANGE TO IMPROVE YOUR HEALTH?

- Eat 15 more fruits and vegetables per month.
- Drink 15 more glasses of water per week for a month.
- Smoke 15 less cigarettes for a month.
- Run/walk at least 15 minutes everyday for a month.

Small changes lead to big results.

As a nation, our health outcomes have become increasingly worse. Since the National Association of Free & Charitable Clinics began 15 years ago, we have been helping our members provide care in communities across the nation to those who need it most.

Over the last 15 years, the NAFC and its members have seen millions of people who have poor health due to lack of resources and/or education of healthy practices.

In celebration of our 15th Anniversary, we would like to challenge everyone in 2016 to make a small healthy change to your monthly routine. How will your small change make an impact on your overall health?

Choose something to do daily, weekly, or monthly in increments of 15. From 15 more glasses of water to 15 more laps at the pool, we know that a small change in preventive care can lead to a better, longer and healthier life.

WHAT WILL YOUR IMPACT BE?

Join IMPACT15 now and make a pledge for a healthier 2016. You can join us at:

www.nafccclinics.org/content/impact15

#myimpact15