

# SUNDAY MORNING

## Health Corner

### Check-ups & Check-ins

Taking care of your health is one of the most powerful ways to support yourself and your family. Routine medical check-ups can catch potential problems early and keep you on track toward a healthier future.

African Americans are at higher risk for conditions like high blood pressure, diabetes, and certain cancers.

Your **family history** can reveal important health patterns. Take time to talk with your **loved ones** about:

- Health **conditions** that run in the family.
- **Symptoms** or concerns they've experienced.
- How to **support** each other in staying active and eating well.

### Tips to Stay on Top of Your Health

- **Create a Health Calendar:** Track your appointments and screenings.
- **Ask Questions:** Don't hesitate to bring concerns to your doctor.
- **Celebrate Progress:** Small steps like lowering your blood pressure or choosing healthier meals deserve recognition!

### Your Health is Your Legacy

When you take care of yourself, you **set an example** for your family and help build a healthier community.

Together, we can thrive and support one another in **living longer, healthier lives.**

Let's commit to regular check-ups and **heartfelt check-ins.** You—and your family—deserve it.



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