



# Be a Healthier You in 2022!

 **SoutheastHEALTH**  
Always by your side.

**SMALL**  
changes  
can make **BIG**  
improvements to  
your overall health  
and wellness.

*We are here, by your side, to help you take the first step!*

SoutheastHEALTH's multidisciplinary team of experts in heart, lung, and vascular care work together with you and your primary care provider to develop individualized treatment plans that are right for you. We also offer nutrition and exercise programs as well as free smoking cessation classes and health screenings.

*Take the First Step...*

Sign up for the **"Healthier You in 2022" Challenge**  
and be entered to win great prizes like a **Yeti® cooler** or  
**\$50 Visa® gift cards** each month through September 2022.

ENTER TO WIN AT  
**[sehealth.org/challenge](https://sehealth.org/challenge)**

