

Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to www.pchc.org to see past “Health Bytes”.

Health Byte – January 1, 2018

It’s that time of year again. Have you promised yourself that in the New Year you are going to make changes toward improving your health and well-being? Start your New Year right by clicking on the link below for some great tips and tools.

<https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>

