



JOIN THE MOVEMENT FOR HEALTH MINDFULNESS

No matter how you define yourself when you look in the mirror. No matter how the world defines you...Know that you are **POWERFUL**, **IMPORTANT**, and **RELEVANT**. A Commitment to your health defines you. Empower yourself to be the most Important person in your life.

TAKE THE VOWS

» **I PLEDGE TO HONOR
MY BODY** with acceptance

» **I VOW TO STAY
CONNECTED TO MY BODY**
to hear and feel
everything it has to say

» **I VOW TO CHOOSE
HAPPINESS** by
seeking peace daily

» **I PROMISE TO BE AN
ACTIVE PARTICIPANT**
in the Patient-Doctor
relationship

» **I CHOOSE TO BE
"IN THE KNOW"** by
keeping record of
important medical
events in my life

» **I VOW TO ADVOCATE
FOR MYSELF** and
pledge to prioritize
my healthcare needs

» **I WILL HONOR MY
BODY** by eating
healthy, prioritizing sleep,
and being active