



**Young Finn Spitler of Adak knows
it's important to have a good support system
when learning how to walk.**

*It's the same process
when taking initial steps toward better health.*

Your support system is your local community health center or medical clinic. That's where you'll find health care providers who believe in putting you first. They'll emphasize the importance of preventive services like tobacco cessation and proper nutrition. And if you should have a chronic disease, they'll

empower you to manage your own self care. If young Finn should find himself taking a few detours along the way, he knows his parents, Thomas and Lisa Spitler, will be there to help guide him through the rough spots, just like your Community Health Aide or health care provider will do for you and your health.

Nothing about me, without me!

907-277-1440



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INNOVATIONS IN PLANNED CARE

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Working Together to Promote Healthy Communities