

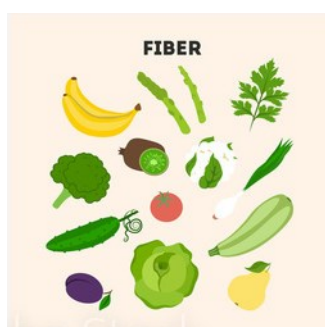
Healthy Bowels

Do you have problems with your poo? Does your tummy hurt?
This could make you poorly.

	1.	You should eat more vegetables.
	2.	You should eat more vegetables.
	3.	You should eat more vegetables.
	4.	You're healthy!
	5.	Change your diet and see your doctor.
	6.	Change your diet and see your doctor.
	7.	Change your diet and see your doctor.



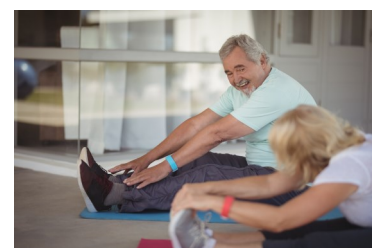
Drink plenty!



Eat Fibre/ Fruit & Veg



Eat regular meals



Keep Active.

Healthy Bowels

**Do you have problems with your poo? Does your tummy hurt?
This could make you poorly.**



**Did you know you can have a
free health check up every
year?**

Ask your doctor for a check up.



**Do you have Down's Syndrome
and aged 30 or over?**

The Community Learning Disability
Team are offering dementia
screens.

Call our team!



(we care)

Contact the Learning Disability Team

Phone: 0300 1234 195

Email: kentchft.lidsref@nhs.net

Website: www.kentcht.uk/LD