

# MOVING & GROOVING

Understanding Social Determinants of Health

Bellin Health is committed to the overall health and wellbeing of our patients and our community. We examine social determinants of health to help provide guidance and resources to improve the lives of those we serve based upon life factors that may be affecting their health. An area of emphasis is helping people learn how to fit physical activity into their days and lives. Learn how you can move and groove your way to better health.



Contact **Linda G.** at [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org) or **920.436.8668** for more resources. For 24/7 health system access, go to [bellin.org/contact](http://bellin.org/contact) or call **800.528.7883**.



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