



## Healthy Lifestyle

**FACEBOOK/TWITTER/INSTAGRAM:** Did you know Thanksgiving is also National Family History Day? Spend time talking with parents, your siblings, and other relatives about your family health history. Remember to share the information with your health care provider.

**FACEBOOK:** Exercise is a proven, nondrug way to help arthritis pain. NYS is offering programs across the state that are proven to ease arthritis pain. Find out how to get started today. @NYSDOH – New York State Department of Health

<https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

**TWITTER:** Exercise is a proven, nondrug way to help #arthritis pain. NYS is offering programs across the state that are proven to ease arthritis pain. Find out how to get started today. @HealthNYGov

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**FACEBOOK:** Know someone with arthritis AND prediabetes? Help is here. Physical activity is proven to help prevent both. Learn more and talk to your health care provider about how to get started.

✓ Diabetes: <https://www.health.ny.gov/publications/0929.pdf>

✓ Arthritis: [https://www.health.ny.gov/diseases/conditions/arthritis/manage\\_arthritis.htm](https://www.health.ny.gov/diseases/conditions/arthritis/manage_arthritis.htm)

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**FACEBOOK/TWITTER/INSTAGRAM:** Arthritis is common in NYS – an estimated 3.2 million adults are affected. NYSDOH works to improve the lives of people with arthritis and other chronic conditions. Learn more about interventions proven to help relieve arthritis symptoms.

<https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>

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**FACEBOOK:** Celebrate International Day of People with Disabilities by having a conversation about simple things your business or organization can do to be more inclusive. Did you know the @NYSDOH- New York State Department of Health's Disability and Health Program is available to provide technical assistance to businesses to meet their inclusion goals? Reach out to them today: [DHP@health.ny.gov](mailto:DHP@health.ny.gov) #IPWD



## Public Health Toolkit

### Social Media



**TWITTER:** Celebrate International Day of People with Disabilities by having a conversation about simple things your organization can do to be more inclusive. Did you know @HealthNYGov is available to provide technical assistance? Reach out: [DHP@health.ny.gov](mailto:DHP@health.ny.gov) #IPWD

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**FACEBOOK/TWITTER/INSTAGRAM:** When you have joint pain, not every type of physical activity is for you. The key is finding something you enjoy and can stick with! There are several interventions that are proven to help with joint pain. Learn more:

<https://www.health.ny.gov/diseases/conditions/arthritis/programs.htm>