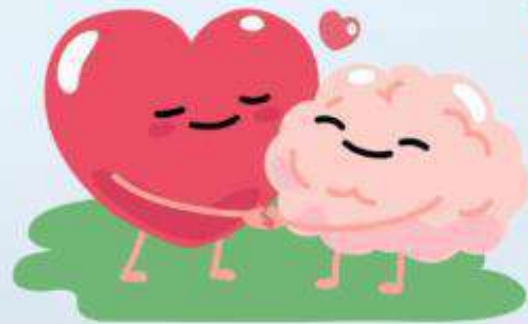




UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

**Your brain and
your heart
deserve care
everyday.**



**Most strokes can be prevented
through small & daily actions:**



exercise daily



**maintain a
healthy weight**



**choose a
healthy diet**



don't smoke



**don't drink
alcohol**



**reduce salt
consumption**

#UHCares

Source: WHO HEALTH ADVISORY

Trunkline: (046) 481-1900

★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm

★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:30 am - 8:30 pm; Fri 11:30 am - 8:30 pm

★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm

★ UHC ULS CLINIC loc no: 3132
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



univhealthclinic@dlsud.edu.ph



www.dlsud.edu.ph