

# YOUR HEALTH MATTERS

Too often our own needs take a backseat to caring for others.

Alberta's doctors want to remind you that your physical and mental health are important.

No matter what you're dealing with, your doctor is here to help.



Make time to talk to your doctor about how you're doing.  
Or visit **togetherall.com** or **cmha.ca** today.

**YOUR HEALTH MATTERS TO ALBERTA'S DOCTORS.**

Authorized by the Alberta Medical Association, Third Party Advertiser, [jointtaskforce@albertadoctors.org](mailto:jointtaskforce@albertadoctors.org).



ALBERTA  
MEDICAL  
ASSOCIATION

Joint  
Task  
Force

July 2021