

# HELPFUL HANDOUTS



## HEALTHY SLEEP FOR ADULTS

Find healthy habits to help you establish a routine to fall asleep and stay asleep. Includes a Sleep Tracker!



## SLEEP & ADULT ADHD

ADHD makes it harder to fall asleep and sleep well. Learn easy tips to follow for better sleep.



## A HEALTHIER LIVER, A HEALTHIER YOU

Get tips about healthy eating and setting physical activity goals. Find links to support a healthy weight and overall well-being.



## DRINKING ALCOHOL

Get facts about benefits of drinking less and what is unhealthy drinking. Find local resources to help you drink less.



## PAIN AFTER SURGERY

Understand what to expect after surgery, how to manage your pain, and when to contact your provider.



## GETTING YOUR HEALTHY "BACK"

Learn tips from a physical therapist on what to do when you injure your back and how to keep your back healthy.



## SAFE MEDICATION DISPOSAL

Know how to safely get rid of out-of-date and unused meds. Find places near you that will take unwanted meds.



## LOCATIONS FOR FREE NALOXONE

Find places near you and in every county in South Carolina to get free naloxone.

