



Exercise and nature

Is exercise a part of your life?

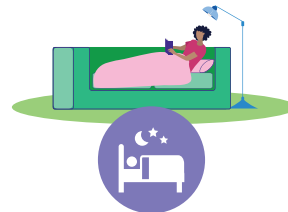
Do you relax in nature?



Mental well-being

Are you satisfied with your life?

Are there things in your life that take up too much of your attention?



Rest and relaxation

Do you sleep enough?

Do you have time to relax?



Nutrition and eating

Are you eating well?

Did you eat in peace or in a hurry?



Relationships and feelings

Do you have people around you, who you can talk to?

Have there been any changes lately in your life?



Culture and art

Do you use culture services?

What is beautiful to you?



A meaningful daily life

Do you have any meaningful activities in your daily life?

What do you value and consider important?



Livelihood and financial resources

Do you feel safe?

Is your income sufficient?

How are you doing?

How are you doing?

Are you looking for ways to improve your wellbeing and health?
Is there space for more physical activity, social contacts or
cultural events in your everyday life?

The Wellbeing Services of Vantaa and Kerava offer a range of
services to support your physical and mental wellbeing.
Find out more on the Wellbeing Services County of Vantaa and
Kerava website: vake.fi/en/wellbeing-services

You can search for groups, events or ways to volunteer offered by
the Wellbeing Services County, the cities of Vantaa and Kerava,
organizations, and other local actors. There is also information
and instructions on how to promote your wellbeing.

Follow us on social media!

 [hyvinvoiva_vake](https://www.instagram.com/hyvinvoiva_vake)

 [Vantaan ja Keravan hyvinvointialue](https://www.facebook.com/VantaanJaKeravanHyvinvointialue)

For professionals – read more
vake.fi/mitasinullekuuluu



Funded by
the European Union
NextGenerationEU



► Promote your wellbeing
with The Health Village's
self-care programs
(in Finnish):

[www.terveyskyla.fi/
omapolku/itsehoito-
ohjelmat](https://www.terveyskyla.fi/omapolku/itsehoito-ohjelmat)

► Find events and activities
using the Vantaa and
Kerava event calendars:

tapahtumat.vantaa.fi/en-FI
tapahtumat.kerava.fi/en-FI

► Find out more about
the Wellbeing Services in
120 languages using
Google Translate at

vake.fi/HYTE