

It's a fact:

Better income can lead to better health, education and well-being. **Income is a powerful determinant of health and educational opportunities.**

Be part of the solution!

Financial health influences overall well-being. It is time to treat poverty like other major health risks and do something about it.

Children growing up in poverty are less likely to complete their education; more likely to experience difficulties finding and keeping jobs; more likely to suffer increased adult illness and early death.

What can you do?

Educators, counsellors, librarians, healthcare providers and other front-line organizations who work with those experiencing poverty can and should help reduce poverty in our communities.

How?

Direct people to the health and social benefits available to Canadians.

Read and share: *Get Your Benefits!*

A plain language booklet designed specifically for Manitobans. It lists many federal, provincial and regional benefits and programs individuals may be eligible for including prenatal benefits, disability benefits, Canada Child Benefit, Old Age Security and more.

Such benefits and supports can provide more income and contribute to an individual or a family's better health and well-being.

Who we are:

We are a coalition of healthcare providers, researchers, community agencies and non-profit organizations based in Manitoba with the aim to treat poverty to improve the health and well-being of Manitoba families.

For more details visit: www.GetYourBenefits.ca

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