

# Healthy IDEAS

**Do you want to feel better?!**  
**It takes the courage & strength of a warrior to seek control of life!**

**Healthy IDEAS Improves Quality of Life By:**

**Educating** Veterans who are not enjoying life the way they want to.

**Empowering** Veterans to manage their life through a behavioral activation approach that encourages involvement in meaningful activities.

**Linking** Veterans to primary care and mental health providers.



**Sign up  
for  
Empowering  
Activities for  
Veterans**

**An evidence-based  
program that  
integrates awareness  
and management  
services to Veterans.**

**Healthy IDEAS ensures  
that Veterans get help  
and live full lives.**

**BAY AGING**

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**BayAging**