

**Let's be Proud  
and Deadly**  
**Healthy Skin Strong Heart**



# Let's be Proud and Deadly

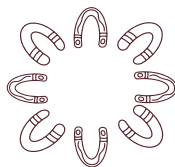
## Healthy Skin Strong Heart

### Mitchell Blake

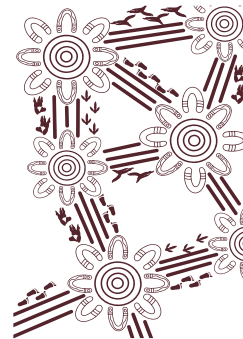
*Gooreng Gooreng and South Sea Islander*

I am proud to have contributed illustrations to Queensland Health's rheumatic heart disease campaign, aiming to inspire our community to join the conversation on health and wellbeing. It's crucial to take pride in our health, not only for ourselves but for our families and community; healthy people healthy Country. Together, we form a strong, connected front, advocating for positive health outcomes.

Let's embrace our cultural pride and encourage each other to prioritise healthy living. With healthy skin living and prevention of RHD we can lead longer, stronger lives. Let's unite as one community, supporting each other and nurturing a healthier future for generations to come.



Community supporting community



Community connections



**BIDGERDII**  
COMMUNITY HEALTH SERVICE

**Central Queensland  
Hospital and Health Service**



**Queensland  
Government**