PLAY YOUR "ACES"!



Attitude

Maintain a fighting spirit and a positive outlook.



Compliance

Follow doctor's orders and take medications as prescribed.



Exercise

Walk to stay healthy as part of your regular routine.



Support Team

Develop a team of family, friends, and community.

The Transplant Living Community (TLC) does not engage in the practice of medicine and under no circumstances recommends particular treatments for specific individuals. In all cases the TLC recommends that patients consult their physician before pursuing any course of treatment or action concerning personal medical care.

Speak with a TLC Ambassador for details at TLC@hfhs.org