

# Day of Action

On April 19 Demand That Congress  
Protect Our Health Care and  
#RejectRepeal.

**Tell Congress to Stop Trying to Repeal  
the Affordable Care Act and Slash  
Medicaid. Tell Congress to Stop Trying  
Take Away Our Care.**

**1. Call Congress**  
1-866-426-2631

**2. Go to a town hall**  
Find one at  
[ResistanceRecess.com](http://ResistanceRecess.com)

# 3. Flood social media

#RejectRepeal

#ProtectOurCare

See [#SaveMyCare](#) for Social Media Messaging and Images

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**NO** to any bill that caps or cuts Medicaid

**NO** to any bill that ends or harms Medicaid expansion

**NO** to any bill that harms the ACA

**NO** to any bill that cuts health care for women

**NO** to any bill that cuts health care for children

**NO** to any bill that cuts health care for people with disabilities

**NO** to any bill that increases health care costs on the elderly

**NO** to any bill that allows health insurance companies to drop essential health benefits

**NO** to any bill that decreases the number of individuals who have health coverage

**ALSO** see this link for a [Recess Toolkit](#) from Organizing for Action (OFA).

***Forward this to 10 people RIGHT NOW!***

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*NHeLP advocates for the rights of low-income and underserved people to access quality health care.*

[www.healthlaw.org](http://www.healthlaw.org)

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