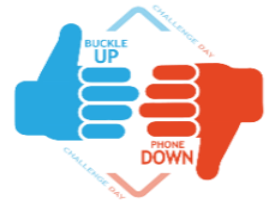


GASCONADE CO. HEALTH DEPT.

NOVEMBER NEWSLETTER

Buckle UP Phone DOWN Challenge

Claire & Kelly were at the Owensville High School Homecoming football game on October 5 and the Hermann High School football game on October 19. They had numerous people join them in taking the Buckle UP Phone DOWN challenge! Thank you.



If you are interested, you may join us too!

TAKE THE CHALLENGE: <http://www2.modot.org/BuckleUpPhoneDown/>

FLU SHOTS: Stop by our Flu Shot Clinics:



- Wednesdays in Owensville from 9:00am-4:00pm
- Thursdays in Hermann from 8:00am-4:00pm

Please bring your Medicare, MO HealthNet (Medicaid), or private insurance card(s).

NATIONAL DIABETES MONTH

In the United States, approximately 30 million persons are living with diabetes and 84 million with prediabetes. Persons with prediabetes are at high risk for developing type 2 diabetes, heart disease, and stroke. Likewise, women who have had gestational diabetes (diabetes during pregnancy) are at increased risk for developing type 2 diabetes later in life. However, type 2 diabetes can be prevented or delayed through a structured lifestyle change program that promotes weight loss, healthy eating, and increased physical activity.

<https://www.cdc.gov/diabetes/>

GREAT AMERICAN SMOKEOUT: November 15

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can tell you about the steps you can take to quit smoking and provide quit-smoking programs, resources, and support that can increase your chances of quitting successfully. To learn about the available tools, call 1-800-227-2345.

www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/



Our WIC clinic is held every Monday in Owensville and the 1st and 3rd Tuesday of every month in Hermann. The WIC program serves pregnant women, post-partum women, infants, and children until the age of five. We are here to serve you, so please call to see if you are eligible to be a part of this great program that can help to offer nutritious foods for you and your family.

The Gasconade County Health Department will be CLOSED for Thanksgiving on Thursday, November 22 and Friday, November 23.



Upcoming community events:



TURKEY TROT: November 22

The Hermann Area District Hospital will help sponsor Hermann's Annual Turkey Trot Run/Walk starting and ending at the Hermann Middle School at 8:00am-10:00am.

Register at: https://secure.getmeregistered.com/register.php?event_id=129336

Check back next month for more updates!

This institution is an equal opportunity provider.