

Franklin County Public Health

Franklin County Board of Commissioners

Medical Reserve Corps

Franklin County Sheriff's Office

Refugee & Migrant Services

Franklin County Health Department

FREE FLU SHOTS are available for individuals six months of age and older

- Pediatric and high dose vaccine for seniors available
- No appointment needed
- For additional information, visit www.myfcph.org/flu or call (614) 525-3719

FRANKLIN COUNTY FAIRGROUNDS
4100 Columbia Street
Hilliard, Ohio 43026

FOLLOW THE SIGNS
TUESDAY, OCTOBER 3RD
6:00 P.M. - 8:00 P.M.

the Y
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING®
FOR SOCIAL RESPONSIBILITY®

Diabetes Prevention Program
THE PROGRAM THAT HELPS PREVENT OR DELAY TYPE 2 DIABETES

1 OUT OF 3 US ADULTS HAS PREDIABETES

The Diabetes Prevention Program focuses on PRE-DIABETES. At this early stage, blood sugar levels are elevated, but not so high they can't be lowered. **Lifestyle changes are key.**

How it works:
This 12-month, group-based program consists of 16 one-hour weekly sessions, followed by bi-weekly and monthly sessions with a trained lifestyle coach.

Criteria: Body Mass Index of 25+, A1C Level: 5.7-6.4, Fasting Glucose: 100-125

Learn to:

- Eat healthy
- Stay active
- Lose weight
- Reduce stress

To register contact Vera Davis, Mount Carmel Urban Health Community Health Worker (614) 546-4177 Vdavis2@mchhs.com

BECAUSE OF YOU MOUNT CARMEL

Date, Time and Location:
Tuesdays 7:00 p.m. - 8:00 p.m.
Registration now through October 3, 2017
Refuge Missionary Baptist Church, 400 20th Ave., Columbus, OH 43203

Parents Who Parent Separately
Be the Parent You Want to Be

Co-parenting after divorce can be stressful. Learn how to create and nurture a positive relationship with children, and how to navigate the challenges that stem from a high conflict relationship with the other parent.

Sign Up Now!
6-Week Parents Who Parent Separately Course

WHERE:
Maple Grove United Methodist Church
7 West Henderson Road | Columbus, OH 43214

WHEN:
Thursdays, 6:00-8:00 pm
October 5, 12, 19, 26 | November 2, 9

COURSE COST:
Registration fee is \$80.00
Register online at www.positiveparents.com

TAPP The Art of Positive Parenting

Action for Children

To register, visit us at www.positiveparents.com
or call 614.224.0222 ext. 103

Household Medication Disposal Kits

Contact Church Partnerships to order free kits for your congregation

FOLLOW THESE THREE STEPS TO DISPOSE OF MEDICINE IN YOUR HOUSEHOLD TRASH.



Mix medication (be sure not to crush tablets or capsules) with something unappetizing like used coffee grounds or kitty litter.



Place the mixture in a container you can seal such as a zip-top plastic bag.



Throw the bag or container in your household trash.

BECAUSE OF YOU MOUNT CARMEL

PARTICIPATE IN YOUR LOCAL SEMI-ANNUAL NATIONAL PRESCRIPTION DRUG TAKE BACK DAY EVENTS.

This is the Day the Lord has made, let us be glad and rejoice in it.