

House of Health-2017



This FREE program provides a different health topic each month. Health information, screens, and door prizes or give away items are included.

JANUARY	FRIDAY JANUARY 27TH	9:00-11:00 A.M.	KDH
Learn about setting healthy goals for the New Year. Free blood pressure checks will be offered.			
FEBRUARY	TUESDAY FEBRUARY 28TH	5:00-7:00 P.M.	KDH
Do your part, Be Heart Smart! Celebrate heart month and learn how to take care of your heart.			
MARCH	FRIDAY MARCH 31ST	8:30-11:00 A.M.	KDH
March is National Nutrition Month. Learn about healthy food and drinks for you and your family.			
APRIL	TUESDAY APRIL 25TH	4:30-7:00 P.M.	HEALTH DEPARTMENT
Learn more information about Free HIV, STD, and Hepatitis C testing.			
MAY	FRIDAY MAY 26TH	8:30-11:00 A.M.	KDH
Learn how to deal with potential health emergencies and learn basic First Aid skills.			
JUNE	TUESDAY JUNE 27TH	4:30-7:00 P.M.	HEALTH DEPARTMENT
Learn how to protect yourself from pesky Mosquitos.			
JULY	FRIDAY JULY 28TH	8:30-11:00 A.M.	KDH
Skin Cancer is the most common cancer. Learn the ABCs of moles and how to protect your skin.			
AUGUST	TUESDAY AUGUST 29TH	4:30-7:00 P.M.	HEALTH DEPARTMENT
Learn all about what immunizations are important for kids AND for adults.			
SEPTEMBER	FRIDAY SEPTEMBER 29TH	8:30-11:00 A.M.	KDH
Tobacco will cost you your health and your money. Let us help you kick the habit for good.			
OCTOBER	TUESDAY OCTOBER 24TH	4:30-7:00 P.M.	KDH
Learn about prevention and early detection of Breast Cancer during this important "Pink Month."			
NOVEMBER	FRIDAY NOVEMBER 17TH	9:00-11:00 A.M.	HEALTH DEPARTMENT
Learn all about food safety, including information on food poisoning and food product recalls.			
DECEMBER	TUESDAY DECEMBER 19TH	5:00-7:00 P.M.	KDH
2 out of 3 adults are overweight. Learn weight loss tips that can help during the holidays.			

