



The Rowan County Health Department will observe **National Public Health Week** and recognize the contributions of public health and highlight issues that are important to improving our nation's health. We would like to invite you to celebrate with us April 8th through April 11th. All activities, unless otherwise stated, will take place at the Rowan County Health Department located at 1811 East Innes Street in Salisbury. If you have any questions, please call 704-216-8777. We look forward to seeing you there!

Tuesday April 8th: Breastfeeding Education Session – 11 am – 1 pm

Our Peer Breastfeeding Counselor will hold a breastfeeding education session that will review the benefits of breastfeeding, how to get started, infant hunger cues, and positioning techniques. Connie Hoffner, a certified lactation consultant from Novant Health, will also be in attendance to assist with questions and concerns. The breastfeeding education session will take place from 11:00 am – 1:00 pm in the Community Room which is located through the large double doors to your right as you enter the health department lobby.

Wednesday April 9th: Dental Health Day – 8:30 am – 10:30 am

Dental health is important for our children! The Smile Center will provide free toothbrushes, toothpaste, floss, and educational handouts to anyone, adults and children, who stop by.

Thursday April 10th: Screening and Services Day – 8 am – 12 Noon

Personal health services will provide free blood pressure, weight, height, and body mass index (BMI) measurements. Nurses will also assess the immunization status for each person to see if they are up to date with their vaccinations, review which vaccinations are due and also provide information about services offered at the health department. Screening will take place in the Community Room, which located through the large double doors to your right as you enter the main lobby.

Friday April 11th: Healthy Eating for a Healthy Weight – 10 am-11 am

Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Amy Smith, Public Health Educator, will discuss healthy food selection and portion control. This will take place in the Community Room, which located through the large double doors to your right as you enter the main lobby.

Friday April 11th : Promoting Healthy Activity and Fitness - 2 pm – Granite Lake Park

Physical activity helps control weight, but it has other benefits. Physical activity such as walking can help improve health even without weight loss. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Improving spaces and having safe places to walk can help more people become physically active. To promote activity and fitness, the Rowan County Health Department will host a Community Walk in Granite Lake Park, Granite Quarry. 'Active Living is as easy as 'a walk in the park!'" will start at 2:00 pm. We invite the Community to walk with us.