

HEALTHY REVOLUTION NEWS

News You Can Use from the Prince George's County Health Department

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Oct. 1 - Affordable Health Care Now Available to Prince Georgians



Prince George's residents - take advantage of affordable health care. County residents are encouraged to contact [Capital Region Health Connector](#), who will educate and enroll eligible individuals and families in [Maryland Health Connection](#), the state-based health insurance marketplace. Visit capitalhealthconnection.org or call toll-free 1-855-642-8572. Enrollment ends March 31, 2014.

Oct. 12 - Knock Out the Flu. It's Time to Get a Flu Shot



The Health Department is offering free flu shots to County residents ages 6 months and older from Oct. 12 until supplies last. Clinics are open to all county residents. No appointment required. School-aged children ages 2 to 17 years old must bring a parent or guardian to get a flu shot. Call [301-883-7879](tel:301-883-7879) for clinic locations, times, and other information.

Oct. 17 - Health Department Partners with Doctors Community Hospital for Breast Cancer Awareness Month



Prince Georgians are invited to come out on Oct. 17, 7:30 a.m. - 4:30 p.m., at Doctors Community Hospital, 8116 Good Luck Road, to take advantage of [free](#) screenings (i.e., mammograms, breast exams, and bra fitting). Free giveaways! Get 10% off your next meal at Ruby Tuesday. Refreshments will be served. Call [301-552-8524](tel:301-552-8524) for appointments. Walk-ins accepted.

Oct. 25 - Health Department Supports Tom Joyner in 10th Annual Take a Loved One to the Doctor Day



The Health Department unites with Tom Joyner, Radio One and other partners in presenting the 10th annual [Take a Loved One to the Doctor Day](#) on Oct. 25, 9 a.m. - 5 p.m., at Laurel Regional Hospital, 7300 Van Dusen Road. Call [301-497-7950](tel:301-497-7950). Listen out for the Health Department's interviews and commercials about improved strategies and programs for Fall 2013, and what's in store for 2014.

Healthy Revolution Campaign Launches Fall 2013

Be a part of the

HEALTHY REVOLUTION

This fall, the Prince George's County Health Department's "Be a Part of the Healthy Revolution" social media and marketing campaign launches its MyPGHealthyRevolution.org website. A premier online gateway, the new website showcases chronic disease prevention strategies, member only wellness plans for adults and youth, healthy weight management plans, and help on becoming smoke free - just to mention a few. "We are revolutionizing how we make healthy living more accessible to continue to reach Baby Boomers, Gen X and Gen Y. We must capture these critically important demographics through social media like facebook, Twitter, YouTube, mobile apps, and texting," said Pamela Creekmur, Health Officer.