

HEALTHY REVOLUTION NEWS

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

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Oct. 25

10th Annual Take a Loved One to the Doctor Day at Laurel Regional Hospital



Today is the 10th annual **Take a Loved One to the Doctor Day**. Be sure to stop by Laurel Regional Hospital, 7300 Van Dusen Road, between 9 a.m. to 5 p.m., to participate in planned activities. Listen to Majic 102.3 and Praise 104.1 for the Health Department's interviews and commercials about improved strategies and programs for Fall 2013, and what's in store for 2014.

Oct. 26 - 30

Fight Back Against Cancer!



Research today for a cancer-free tomorrow! Fight back against cancer by enrolling in the American Cancer Society's new research study called the **Cancer Prevention Study-3 (CPS-3)**.

For more information, visit cancer.org/cps3. To schedule an appointment, visit www.CPS3PGCounty.org. Or call toll free at 1-888-604-5888.

Free Flu Shots While Supplies Last - No Appointments Required



The Health Department is offering **free flu shots** to County residents ages 6 months and older while 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** for clinic locations, times, and other information.

Nov. 10

I Decide to Fight Diabetes Day at Church



Join the Health Department's efforts to stop diabetes. American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®! **I Decide to Fight Diabetes Day at Church** is a national day where churches take the Pledge to Stop Diabetes! Free materials and incentives are available. Get your church involved today! **Contact Tracy at 410-265-0075 ext. 4679.**

Nov. 18 - 21

American Cancer Society's Great National American Smoke-out



County residents have plenty of options to **attend smoke-free focused events in November**, sponsored by the Health Department. A partial listing follows:

Nov. 18 Doctors Community Hospital Smoke-out Event

Nov. 21 Prince George's Hospital Center Smoke-out Event

Health Department County Smoke-out Event
Cheverly location

Health Department Goes Smoke-free

Stay tuned for more information.

Prince George's County Health Department
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Rushern L. Baker, III
County Executive



Be a part of the
**HEALTHY
REVOLUTION**