

HEALTHY REVOLUTION NEWS

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

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Nov 2

Health Department's Veterans Homeless Stand Down



Plan to take part in the Health Department's Veterans Homeless Stand Down, from **10 a.m. - 4 p.m. on Nov. 2nd**. The Stand Down is a national effort of the U.S. Department of Veterans Affairs to provide services such as food, shelter, clothing, health screenings, and benefits counseling to homeless veterans. Call 311 for more information.

Nov. 10

Help Us Fight Diabetes Day at Your 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. Or Dial 311 for more information.**

Nov. 18 - 21

Great National American Smokeout Events at the Health Department, Doctors Community Hospital, and Prince George's County Hospital



County residents have plenty of options to **attend smoke-free focused events in November** in partnership with the Health Department.

Nov. 18 Smokeout Fair at Doctors Community Hospital

Nov. 21 Prince George's Hospital Center Smokeout Event

Health Department County Smokeout Event
Cheverly location

Health Department Goes Smoke-free

Mark your calendars to participate in Zumba dance workouts, sample tasty nutritious snacks, get help on becoming smoke free, spin the smoke free quiz wheel, and receive free prizes.

Dial 311 for more information.

Fun-filled Day at 10th Annual Take a Loved One to the Doctor Day



The Health Department's participation in the 10th Annual Take a Loved One to the Doctors Day was a **big hit!** A steady crowd of health fair participants stopped by our information table and display to spin the health wheel, receive free prizes, and talk to staff. Numerous people joined the free cooking demonstration and learned how to cook healthy meals, as well as tasted the yummy samples.

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**HEALTHY
REVOLUTION**