

HEALTHY REVOLUTION NEWS

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

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#BeaPartoftheHealthyRevolution

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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. 19 - 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. 19 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 calendar 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.

KISS - Keeping it Sexually safe



Prince George's county ranks second in the state of Maryland for HIV cases and sexually transmitted diseases. The Health Department urges residents to help carry out K.I.S.S.'s mission alongside actor Tray Chaney to stop the spread of sexually transmitted infections and halt the progression of HIV by getting informed, tested, treated and involved to make change happen. Call 311 for more information.

Healthy Produce at NO Charge!



Every 3rd Saturday of each month from 10 a.m. to 12 noon year round, join the Capital Area Food Bank (CAFB) at 3600 Brightseat Road, Landover, MD, in the rear parking lot for its Mobile Market at SHABACH. Choose from fresh seasonal fruits, vegetables and recipes. The CAFB Mobile Market is open to qualified low income residents in Glenarden and surrounding communities. Call 202-644-9800 for more information.