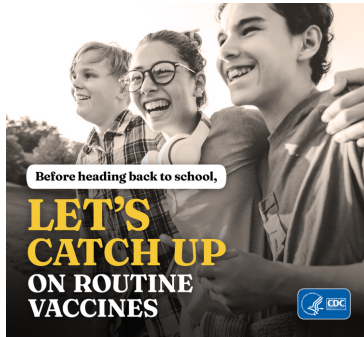




Pennington & Red Lake Counties Wellness Newsletter

August 2023

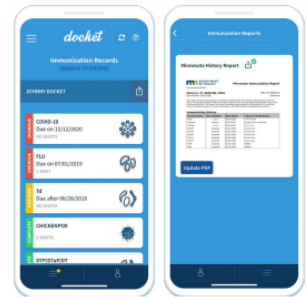
National Immunization Awareness Month



From little babies to great grandparents, vaccines keep us all safe. Ensure your family is up-to-date with their immunizations for a long, healthy life! #VaccinesWork #HealthierHappierU #hChoices

Docket App

- View you or your family's immunization history from MIIC.
- Check what vaccines you or your family may be due for.
- Review what vaccines you or your family may need in the future.
- Share immunization records for health, school, travel, and other purposes.



National Wellness Month

Rise and shine! August is National Wellness Month. Let's focus on self-care, managing stress and promoting healthy routines. Start by doing something for yourself every day that keeps you in touch with your mind and body, and can ultimately lead you to a Happier, Healthier U. #NationalWellnessMonth #HealthierHappierU#hChoices

Stretch

Start your day with a stretch! Just 10 minutes in the morning can help improve your flexibility, posture, and mood.




Community Baby Shower

FOR EXPECTANT AND NEW PARENTS (0-6 MONTHS) IN PENNINGTON, MARSHALL & RED LAKE COUNTIES

Monday | August 28th, 2023 | Open House 11 am-1pm
Free Lunch Served
Pennington County Highway Department
250 125th Ave NE
Thief River Falls, MN

- FREE GIFT FOR ALL WHO ATTEND
- AREA SERVICE PROVIDERS WILL BE AVAILABLE TO ANSWER QUESTIONS AND PROVIDE RESOURCES
- POSTPARTUM SUPPORT SERVICES
- LEARN ABOUT FAMILY HOME VISITS
- SIGN UP FOR DOOR PRIZES

Sponsored by:



Breathe

Breathe in, hold, breathe out. Did you know that mindful breathing can help reduce stress? Try this simple breathing exercise next time you need a calm moment.



Prioritize Your Health

As summer comes to an end and back-to-school preparations kick in, it's crucial to prioritize your health with preventative screenings. Before the fall season arrives, make time to schedule important health screenings to safeguard your well-being. Whether it's routine check-ups or specific screenings based on your age and risk factors, early detection can play a vital role in preventing and managing health conditions. Stay proactive and make your health a top priority as you transition into the new season.



Getting Ready for Fall Sports and Tips on Being Safe



Warm up and stretch before practice and games.

Drink Water - Make sure to bring a water bottle to every practice. Drink plenty of water before, during and after play. Don't wait until you feel thirsty to drink water. If you feel dizzy, lightheaded or not right, make sure to tell your coach that you need a water break.

Appropriate Gear - Make sure to have the right equipment and wear it both for practices and games. That includes helmets, shin guards, mouth guards, ankle braces, shoes with rubber cleats and sunscreen.

Concussion Awareness - Know the signs and symptoms of a concussion and make sure your coach and parents know them too. If you think you have a concussion or just don't feel right, make sure to tell your coach right away so you can sit out and get checked out.

Rest & Recovery - If you have pain during or after practice or games, make sure to tell your coach, parents or another adult if you're hurt or don't feel well.

Know it's OK to take a break to rest during practice and games and tell your coach if you need one. Make sure to take at least one or two days off each week from any sport.

