



SERVICES AT THE HEALTH DISTRICT

PROGRAM	DESCRIPTION	DAY & TIME
Healthy Start/Husky	Apply for special health insurance for eligible mothers-to-be, infants and children up to 36 months	Monday, Wednesday, Thursday 8:30 AM-1:00 PM By appointment only
Women, Infants and Children (WIC)	Supplemental food and nutrition program	Monday - Friday 8:30 AM-4:00 PM By appointment only Call for information on Naugatuck and Shelton satellite clinics
Immunization Clinic	Vaccines for Adults and Children	Tuesday 2:00 PM – 3:30 PM By appointment Only
Blood Pressure Program Cholesterol Screenings by appointment only	Blood pressure screening and education	Thursday – Walk In BP Clinic 10:00 AM to 12:00 Noon
Putting on AIRS Program	In home assessment and education for ways to detect & manage children’s Asthma “TRIGGERS”	Monday-Friday 8:30 AM – 3:00 PM

February is National Heart Month

Heart disease is the leading cause of death in the United States, affecting men and women of every age and race. More than 64 million Americans suffer from one or more forms of cardiovascular disease, including high blood pressure, coronary heart disease, congestive heart failure, and stroke. Many of the risk factors that can lead to heart disease, such as high blood pressure, high blood cholesterol, and diabetes, can be prevented or controlled.

Research has shown that people who lead healthy lifestyles, including making healthy food choices, getting regular exercise, maintaining a healthy weight, and choosing not to smoke or drink excessively, can significantly decrease their risk of heart disease.

Be Good to Your Heart and It Will Be Good to You!!

EVENT	DATE	DAY & TIME	LOCATION
WIC Satellite Clinic	February 2, 2012 and February 23, 2012	Thursday 9:00 AM– 3:00 PM	Naugatuck Senior Center 300 Meadow St., Naugatuck By Appointment Only
WIC Satellite Clinic	February 17, 2012	Friday 9:00 AM – 3:00 PM	Plumb Memorial Library 65 Wooster St., Shelton By Appointment Only