



**Naugatuck Valley Health District**  
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## **PRESS RELEASE**

Date: March 23, 2023  
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### **Naugatuck Valley Health District Celebrates National Public Health Week! April 3 – 9, 2023**

The first week in April, we celebrate National Public Health Week (NPHW)! This year's theme, "Centering and Celebrating Cultures in Health", highlights being part of a community and fostering cultural connections to support our health and quality of our lives. The American Public Health Association has identified the following public health topics for this year's National Public Health Week:

<b>Monday</b>	<b>April 3, 2023</b>	<b>Community</b>
<b>Tuesday</b>	<b>April 4, 2023</b>	<b>Violence Prevention</b>
<b>Wednesday</b>	<b>April 5, 2023</b>	<b>Reproductive and Sexual Health</b>
<b>Thursday</b>	<b>April 6, 2023</b>	<b>Mental Health</b>
<b>Friday</b>	<b>April 7, 2023</b>	<b>Rural Health</b>
<b>Saturday</b>	<b>April 8, 2023</b>	<b>Accessibility</b>
<b>Sunday</b>	<b>April 9, 2023</b>	<b>Food and Nutrition</b>

Join Naugatuck Valley Health District in observing NPHW 2023 and become part of a growing movement to create the healthiest nation in one generation! We are excited to announce the following community events during NPHW 2023. All community members are invited! Please monitor our website ([www.nvhd.org](http://www.nvhd.org)) and our social media pages ([Facebook](#), [Twitter](#) and [Instagram](#)) for health-related tips, facts, and any inclement weather updates.

**Monday 4/3: Join us at community locations!** NVHD staff will be highlighting our community programs at various locations throughout the Valley. Our staff will have a table full of resources and giveaways from 10am-12pm at Shelton Senior Center, Naugatuck YMCA, and the Whittemore Library. NVHD will also be kicking off our April art contest among anyone 5-18 years old that lives in one of the six towns covered by NVHD. Visit our website for more information!

**Tuesday 4/4:** Check out our NVHD social media pages for a list of domestic violence resources within the Valley. NVHD is launching our 2023 Community Give Back Program, and for the months of May & April, we will be collecting donations for My Sister's Place in honor of domestic violence awareness.

**Wednesday 4/6:** We encourage residents to follow our social media pages for education about STI prevention tips and where to get tested. FREE condoms will also be available at NVHD for those in need.

**Thursday 4/7: FREE Training!** Join us for a virtual QPR (Question, Persuade, Refer) evidence-based suicide prevention training from 6-7pm. To register, please call Lisa at 203-881-3255 x108.

**Friday 4/8:** Follow along as we highlight Valley parks and playgrounds through the Active Valley CT website. Visit [bit.ly/ActiveValleyCT](http://bit.ly/ActiveValleyCT) for the guide featuring low-cost and no-cost physical activity resources in the Lower Naugatuck Valley communities of Ansonia, Beacon Falls, Derby, Naugatuck, Oxford, Seymour, and Shelton!

**Saturday 4/9:** Check out our resource list of languages spoken among primary care offices on social media.

**Sunday: 4/10:** Support the community gardens and farmer's markets in the Valley! We will be highlighting them all on our social media pages.

### **Letterboxing Challenge!**

The Naugatuck Valley Health District would like to challenge you to participate in a unique activity called letterboxing. Our letterboxing series includes some public health information, it's fun and a great excuse for you to get some fresh air and exercise. You, your family and friends will seek out small hidden boxes that are planted in local public parks. The boxes are found by following a series of clues. Each box contains a logbook that you can sign and date and a unique hand-carved stamp that you can stamp into your own personal logbook. We will post a new clue each day during Public Health Week (letterboxing clues are also hosted by [atlasquest.com](https://atlasquest.com) and [letterboxing.org](https://letterboxing.org))

We encourage participants to share a photo of their adventure with us. Photos may be posted on the Naugatuck Valley Health District's website and social media pages including [Facebook](#), [Twitter](#) and [Instagram](#).

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