



## **Hyde County Health Department Schedule of Events in Celebration of National Public Health Week**

### **Monday, April 1 – Healthy Communities**

FREE fitness demonstration at 3 PM at the Hyde County Health Department, Swan Quarter featuring Ms. Jess Whittemore. Prizes available to participants.

### **Tuesday, April 2 – Violence Prevention**

Bring a bagged lunch and join Hyde County Hotline from 12 noon until 1 PM for an informational Lunch & Learn in the Hyde County Health Department Conference Room, Swan Quarter. Light refreshments provided.

### **Wednesday, April 3 – Rural Health**

FREE blood pressure, weight, height and BMI screenings all day at the Hyde County Health Department, Swan Quarter. No appointment necessary.

### **Thursday, April 4 – Technology and Public Health**

Check out the Hyde County Health Department webpage ([www.hydehealth.com](http://www.hydehealth.com)) or Facebook page (<https://www.facebook.com/HydeCountyHealthDepartment>) for an informational video on the new Hyde County Behavioral Health Telepsychiatry Program. This fun and informative video will be led by the team at Hyde County Behavioral Health.

### **Friday, April 5 – Climate Change**

Free emergency preparedness packets available at Hyde County Health Department, Swan Quarter. This packet also contains information about mosquito and tick-borne diseases. Ask for yours at the front desk!

### **Saturday & Sunday, April 6 & 7 – Global Health**

Join our team at our booth at Easter in the Quarter on Sunday, April 7 from 2 PM to 4 PM at the Swan Quarter Courthouse for FREE information and games.