

**San Benito County Public Health Services  
invites you to celebrate National Public Health Week with us,  
beginning April 1st!**

## MONDAY



### Healthy Communities

People's health, longevity and well-being are connected to their communities — the places we live, learn, work, worship, and play.

#### Join us for a "Walk with the Doc"

SBC's Public Health Officer, Dr. Gail Newel, invites community members to walk her at 12 pm from Public Health Services to Hazel Hawkins Memorial Hospital and back, and to ask questions about their health.

## WEDNESDAY



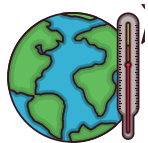
### Rural Health

Rural communities have higher burdens of chronic disease & limited access to primary care and prevention services.

#### You're Invited to "Play Day for Health"

Public Health Services will be hosting a play event at Calaveras Park from 3:30 pm to 4:30 pm. Youth and parents can enjoy organized activities.

## FRIDAY



### Climate Change

The science is clear: Climate change is real, it's happening & human activities are a main cause. Addressing it comes with new opportunities to save lives and improve health.

## TUESDAY



### Violence Prevention

Research shows that violence is impacting our health through substance use, gun violence, intimate partner violence, and suicide.

#### Participate in a "Kids' Art Contest"

To focus on what safe, happy, and healthy community looks like, school age children are encouraged to participate in this art contest. Winning artwork will receive prizes and be featured at Mars Hill, for info contact [esther@casasanbenito.org](mailto:esther@casasanbenito.org). This event is in partnership with the Child Abuse Prevention Council, Arts Council, and the YMCA.

## THURSDAY



### Technology & Public Health

New technologies are quickly transforming the public health landscape, can be a potent tool, & help encourage positive health behavior changes.

#### Download Health-Related Apps

Follow us on Facebook at San Benito County Public Health and Twitter @PublicHealthSBC and download our top choices for health-related apps at [hhsa.cosb.us/publichealth](http://hhsa.cosb.us/publichealth).

### Health Fair

Health Professionals will be at Community FoodBank of San Benito County during the Marketplace from 9 am to 12 pm to provide info on nutrition, climate change, tobacco cessation, communicable disease prevention, opioid safety, and more.