During National Immunization Awareness Month we want to stress the value of immunizations across the lifespan. We want to encourage all people to protect their health by being vaccinated against infectious diseases. All ages, Infants/Children, Preteens/Teens, Pregnant Women and Adults, all have need for vaccinations. Please make an effort to check with Johnson County Community Health Public Nurses to see what vaccinations you and your children might be needing.

People of all ages can protect their health with timely vaccination!

“Improving Your Quality of Life”

Did you know that the first week of August is National Simplify Your Life week? The definition of Simplify is: to make something simpler or easier to do or understand, to make less complicated. In researching how to Simplify Your Life I found an enormous amount of suggestions! Leading me to think that a lot of people are looking to Simplify!! There are way too many suggestions on how to simplify to list here so I just picked out a few of my favorites.

1. Just say “NO!”
2. Make a “to do” list.
3. Unplug.
4. Declutter.
5. Decide what’s really important to you and get rid of the rest.
World Breastfeeding Week

August 1-7th is World Breastfeeding Week. The World Alliance for Breastfeeding Action (WABA) announced that the slogan for WBW 2015 is: BREATFEEDING AND WORK: LET'S MAKE IT WORK!

For twenty-two years they have achieved a lot in supporting women to combine breastfeeding and work but say they have a long way to go.

For more information on this topic go to http://worldbreastfeedingweek.org

Here’s a breastfeeding statistic: If 90% of women breastfed exclusively for 6 months, it could result in nearly $13 Billion saved in the U.S. each year and 1,000 infant deaths could be prevented each year.

WIC (Women Infant and Children) promotes breastfeeding as the optimal infant feeding choice. The WIC program provides: Breastfeeding Peer Counselors, Lactation Consultants, Classes and Support Groups, Education Materials and a Hotline for questions.

Exercise With Your Child Week (August 2-8, 2015)

August 2-8, 2015 marks the 4th Annual National Exercise With Your Child Week. This week encourages parents and guardians to exercise with their children as part of a healthier lifestyle. Exercise enables children to improve their overall well being, to maintain a healthier weight and to reduce the risk of hypertension and cardiovascular disease.

Here are some suggested exercises you can do with your child: Jump rope, ride a bike, hula-hoop, toss a football, kick a soccer ball, play hopscotch, throw a baseball or softball, hop on one foot, or fly a Frisbee. The possibilities are endless!

Thanks to all that came to SUMMER BASH 2015!!

June 30th was a beautiful day for our Summer Bash 2015!! Many came out and enjoyed the great weather and participated in fun lawn games, face painting, free hot dogs and prizes!!

Thanks to all that came and participated and thanks to all the businesses that put it together!

How fun to work and play together!!
Johnson County Community Health Services
723 PCA Road
Warrensburg, MO 64093
Phone: 660-747-6121
Fax: 660-747-1294
WIC: 660-747-2012

“Improving Your Quality of Life”
for over 40 years!

We’re on the Web!
www.johnsoncountyhealth.org

Back-To-School Immunizations

School Starts Soon — Is Your Child Fully Vaccinated?

Make sure your children are up-to-date on vaccines BEFORE sending them back to school. School-age children, from preschoolers, to middle schoolers, to college students, all need vaccines!

See http://www.cdc.gov/features/catchupimmunizations/ for more Information.

Don’t wait until school starts, get your child’s immunizations now!!

Johnson County Community Health Services
has immunizations available daily, Monday-Friday from 8 am to 5 pm on a walk-in basis, no appointment necessary.

They are available to both insured and uninsured individuals (a fee may be required). We also bill most insurance companies.