

The Westport Weston Health District will be closed Friday, April 14, in observance of Good Friday.

LIVE WELL WORKSHOPS IN WESTON

Thursdays, April 20
to May 25
10 am to 12 pm
Weston Senior
Center
9 School Road
Weston

Looking for a new lease on life? Looking to age successfully and in comfort? Whatever your concerns -- weight, cholesterol, blood pressure, allergies, asthma, diabetes, Lyme disease, arthritis, stress, or being a caregiver -- our *Live Well* program is for you. *Live Well* is a **free** six week workshop held at the Weston Senior Center on Thursdays, April 20 through May 25 from 10 am to 12 pm. *Live Well* is a nationally recognized evidence based health promotion program. Learn practical skills and techniques to take charge and manage your life. Call Monica Wheeler, RN, at 203-227-9571, ext. 242, for additional information or to register for this workshop series,

STAY SAFE FROM TICKS IN THE GREAT OUTDOORS

Friday, April 7
10 am to 11:30 am
Weston Public
Library

Whether you are a weekend gardener or avid hiker, pet owner or parent, you will benefit from hearing the latest research on tick-borne disease prevention. This program covers the complete "tool box" of protective options along with early symptom information. Everyone new to Connecticut will benefit from learning more about Lyme disease and the additional infections found in blacklegged ticks. This program, organized by the Weston Neighbors and Newcomers Club, is the perfect opportunity to ask your questions. Speakers include Monica Wheeler, RN, from the Westport Weston Health District, Jennifer Reid from the Ridgefield Health Department's BLAST Lyme Disease Prevention Program, and Orna Grand, MS, PT, from Global Lyme Alliance.

CHOLESTEROL AND BLOOD PRESSURE SCREENING

Westport Weston
Health District
180 Bayberry Lane
Westport

Screenings include total, LDL, and HDL cholesterol levels, blood sugar, triglyceride levels and blood pressure. With this information, licensed health professionals will help you develop a personal action plan to make heart healthy choices. Fasting is required. The cost for the screening is \$25, cash, check, Mastercard or Visa. Call Monica Wheeler, RN, at 227-9571, ext. 242, for an appointment.

THE WESTPORT WESTON WILTON MEDICAL RESERVE CORPS

Westport Weston Wilton



The Westport Weston Health District is seeking motivated volunteers to join its Medical Reserve Corps (MRC). The MRC is a specialized component of the Citizens Corps, and part of a national network of volunteers dedicated to assisting hometown emergency preparedness and response efforts. The MRC stands ready to respond with our community's local officials to public health emergencies (and non-emergencies as well). MRC members receive free training and learn to better prepare themselves and their families for emergency situations. For more information about the MRC see our web site (www.wwhd.org).

CLINICS

The following clinics are held at the Health District,
180 Bayberry Lane, Westport

HIV/AIDS COUNSELING AND TESTING CLINIC

By Appointment Only

Open to all regardless of age or residence. Anonymous or confidential HIV, STD (chlamydia and gonorrhea) and Hepatitis C testing available. This clinic is free, but a \$10 donation is suggested. Call Loren Pace, RN, at 227-9571, ext. 231, to schedule an appointment.

WELLNESS CLINIC FOR ADULTS & CHILDREN

Monday, 9-10:30 am Walk-In Clinic

This walk-in clinic offers blood sugar and free blood pressure screening, monitoring, and counseling. TB testing is available for a small charge. **No immunizations will be given during this clinic.**

IMMUNIZATION CLINIC

By Appointment Only

Routine immunizations and boosters are available for adults and children. Fees payable by cash, personal check, or Mastercard/Visa. Call Loren Pace, RN, at the Health District at 227-9571, ext. 231, to schedule an appointment.

TRAVELERS CLINIC

By Appointment with the Clinic Physician

Travelers meet with a WWHD physician to review travel itinerary and receive recommended immunizations and prescriptions. Bring records of previous immunizations. Fees payable by cash, personal check or Visa/Mastercard. Call Melissa Romano at 227-9571, ext. 224, to schedule an appointment.

