

EAT WELL HEALTHY RESTAURANT PROGRAM LAUNCH



Our community is full of fantastic places to dine out. Whether it's a special occasion or a quick meal on the go, healthy options are on the menu. Through the Eat Well Initiative of the Healthy for Life Project, restaurants, markets, and other stores show just how convenient and delicious healthy eating can be! The **Eat Well Healthy Restaurant Program** will launch on Sunday, March 26 from 11 am to 2 pm at the Westport-Weston Family YMCA, 14 Raymond Allen Lane, Westport.

Taste delicious, healthy options from local restaurants for free! Enter free raffle for the chance to win restaurant gift cards and other prizes.

RADON TESTS RECOMMENDED

The Westport Weston Health District (WWHD) strongly recommends that all residents test their homes for radon and that action should be taken to reduce high levels. Testing is simple: it's as easy as opening a radon detection container, placing it in a designated area, and after a set number of days, sending the detector to the State of CT's laboratory for analysis. You will be contacted by the WWHD with your results and recommendations as appropriate.

Data shows compelling evidence of an association between lung cancer and prolonged residential radon exposure. The EPA estimates that over 21,000 lung cancer deaths each year in the United States are attributed to radon in indoor air.

WWHD will make available a limited number of do-it-yourself radon testing kits at no charge to residents through March. Visit the Westport Weston Health District at 180 Bayberry Lane, Westport, Mondays through Fridays, between 8:30 a.m. and 4:30 p.m. to obtain your kit and important information in regard to radon exposure. For additional information, call Monica Wheeler at the WWHD at 203-227-9571, ext. 242, or visit our website at www.wwhd.org.

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.

