

The Westport Weston Health District will be closed Monday, May 29, in observance of Memorial Day.

### WWHD SPONSORS FREE SKIN CANCER SCREENING



The Westport Weston Health District and Fairfield County Dermatologists will host its annual free Skin Cancer Screening on Sunday, May 7th from 9:00 – 11:30 a.m. at the Health District, 180 Bayberry Lane, Westport. Screening is free and no appointment is necessary. For additional information, contact Monica Wheeler, RN, at 203-227-9571, ext. 242. Skin Cancer is the most common form of cancer and it is increasing in incidence. The American Academy of Dermatology states that one in five Americans will develop skin cancer in the course of a lifetime.

Clinic dermatologists offer free skin cancer screenings to help find skin cancers early when they are most treatable and beatable. Adults, children and teenagers (accompanied by an adult), are encouraged to attend this important screening. Full body screenings will be available for all interested attendees.

### LIVE WELL WORKSHOPS IN WESTPORT

**Mondays, May 15  
to June 25  
10 am to 12 pm  
Westport Center for  
Senior Activities  
21 Imperial Avenue  
Westport**

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 Westport Center for Senior Activities on Mondays, May 15 to June 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,

### 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](http://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.

