

# communityevents

## SEPTEMBER 2017

The Westport Weston Health District will be closed Monday, September 4 in observance of Labor Day.

### NATIONAL FALL PREVENTION WEEK

In recognition of National Fall Prevention Week, the Westport Weston Health District and CT Family Physical Therapy of Westport will host "What Tips Your Balance?" on Friday, September 22 from 10:00 a.m. to 12:00 p.m. at the Westport Center for Senior Activities.

Falls are the leading cause of both fatal and nonfatal injuries for those 65 years of age and over. Every 14 seconds, an older adult is seen in an emergency department for a fall-related injury. The chances of falling and being seriously injured in a fall increase with age. Studies show that a combination of interventions can significantly reduce falls among older adults. Experts recommend: physical activity, including balance, strength training, and flexibility components; periodic medication reviews; annual eye and hearing assessments; and assuring a safe home environment. Attend our Fall Prevention Program to learn more about what increases your risk to fall, participate in screenings and demonstrations, leave with exercises to improve your balance, and learn effective tips to create a safe home environment and live a safer life.

For more information or questions, please contact Monica Wheeler, RN at the Westport Weston Health District at 203-227-9571, ext. 242, or via email at [mwheeler@wwhd.org](mailto:mwheeler@wwhd.org).

### OCTOBER 2017 FLU CLINIC SCHEDULE

Monday, October 16th	Westport Weston Health District 180 Bayberry Lane, Westport	4:30 PM – 7:00 PM
Tuesday, October 24th	Westport Weston Health District 180 Bayberry Lane, Westport	11:00 AM – 1:00PM
Thursday, October 26th	Westport Center for Senior Activities 23 Imperial Avenue, Westport	5:30 PM - 8:00 PM

To schedule an appointment for one of these clinics go to [www.wwhd.org](http://www.wwhd.org) or call (203) 227-9571. Walk-ins are available as well. The shots cost \$45 and \$70 cash for regular or high dose vaccine. **We only accept Medicare Part B, and Aetna, Cigna, and Connecticare insurances.** The Health District recommends that seniors and others with compromised immune systems, get their flu shot no earlier than October in order to maintain strong immune reaction into the height of the flu season January to March.

### 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



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.



Westport Weston Health District

For more information visit [www.wwhd.org](http://www.wwhd.org)

Westport Weston Health District • 180 Bayberry Lane • Westport, CT 06880-2855