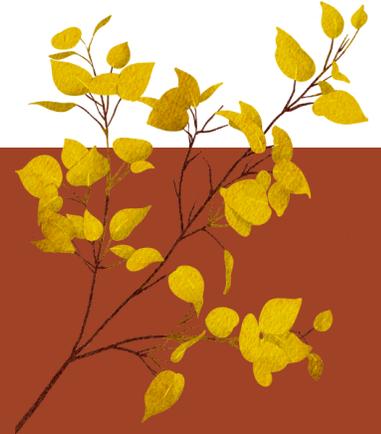


# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County



## TOP NEWS

- **October is Breast Cancer Awareness Month**
- **Domestic Violence Awareness Month**

### BREAST CANCER AWARENESS MONTH

Learn about breast cancer because knowledge and early detection saves lives.

BCAM (Breast Cancer Awareness Month) is a global campaign to raise awareness for breast cancer, increase screenings, and provide critical support for patients and survivors. Since 1989, increased awareness through campaigns like BCAM has helped reduce breast cancer deaths in the United States by 44%.

One of the top priorities is educating women on what they can do to be proactive with their breast health.

- Do a breast self-exam
- Know your risk factors
- Understanding BRCA, the breast cancer gene

Read more at:

<https://www.nationalbreastcancer.org/about-breast-cancer/>



### DUDE TALK DINNERS

Social interaction is essential for good mental health. Locally we offer DUDE TALK DINNERS, which is a gathering for men in a relaxed, nonjudgmental environment where they can talk openly about life's challenges. **Next meeting will be at 2 DADS EATERY in Bailey October 29 @ 6pm.** Complimentary dinner will be served.

## DOMESTIC VIOLENCE AWARENESS MONTH

Each year in October, advocates, survivors, and supporters recognize October as Domestic Violence Awareness Month (DVAM).

October was first declared as National Domestic Violence Awareness Month in 1989. Since then, October has been a time to acknowledge domestic violence survivors and be a voice for its victims. Domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality.



Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime.

Need Help? Go to the National Domestic Hotline at <https://www.thehotline.org/>.

1. You can also live chat on this website or
2. text the word start to 88788 or
3. call 1-800-799-safe (7233)

Learning about abuse is an important step to

- Understanding relationship abuse
- Support someone else experiencing abuse
- Getting help to those who are causing harm

## FLU CLINICS

Park County Public Health Fall 2025 Flu Clinics are here!

- September 30, 39141 Hwy 24 (Community Center) Lake George
- October 9, 1745 County Rd 102 (SPCFPD) Guffey
- October 14, 825 Clark Street Fairplay
- October 21, 81 Main Street Bailey.

Times are 10AM-2PM and we are available to book appointments outside of the time frame on other days.

Call 719-836-4174 to get scheduled as flu vaccine supplies are limited.



**LET'S CONNECT! PARK COUNTY PUBLIC HEALTH: 719-836-4154**

**Please visit [www.ParkCountyCO.Gov](http://www.ParkCountyCO.Gov) for more information**