

# NEWSLETTER

## PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

### TOP NEWS

- February is American Heart Month
- National Self-Check Month



### AMERICAN HEART MONTH



Heart disease remains one of the leading causes of death across all racial and ethnic groups in the United States, accounting for approximately one in five deaths. However, research shows that simple lifestyle changes can prevent nearly 80% of these deaths.

Learn some simple steps to a stronger heart - go to: <https://publichealth.uci.edu/2025/01/31/heart-health-awareness-month-simple-steps-to-a-stronger-heart/>

### GET CPR-CERTIFIED!

Did you know more than 23,000 children experience cardiac arrest outside of the hospital each year? Be prepared. Learn CPR today so you can be ready and become a part of the Nation of Lifesavers. Because no one, especially our most precious ones, should face a life-changing moment alone.

Parents, please take a moment to learn more and register for a course that's right for your child's age. Find a CPR class near you or online. Go to <https://cpr.heart.org/en/> for more information.

## NATIONAL SELF-CHECK MONTH

National Self-Check Month is observed annually in February, serving as a reminder to focus on your overall mental, emotional, and physical well-being. At <https://selfchech.org> you'll find how to:

- Do early detection
- Practice healthy habits
- Use supportive health tools
- Show love and nudge others.



***Park County Public Health will now be at the Bailey Public Library from 11 am to 1 pm on the 3<sup>rd</sup> Thursday of every month to answer questions that you want to ask, but were afraid to! We have information and resources about free Radon testing, Code Red sign up, water testing, suicide prevention, vital records, and much, much more.***

***Please visit our table starting February 19<sup>th</sup>. See you there!***

## DUDE TALK DINNERS – NEW NIGHT!

DUDE TALK DINNERS are now on Mondays! Free food and space to talk just for guys; all you have to do is show up at 2 Dads Eatery, 60006 US Highway 285 in Bailey on the last Monday of every month at 6pm. Questions? Email us at [info@allaccesswellness.org](mailto:info@allaccesswellness.org)



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

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