

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

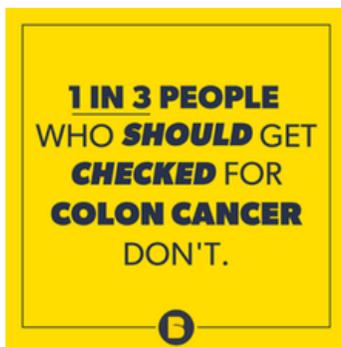


TOP NEWS

- March is Colorectal Cancer Awareness Month
- National Nutrition Month



MARCH IS COLORECTAL CANCER AWARENESS MONTH



One in twenty-four people will be diagnosed with colorectal cancer in their lifetime!

Colorectal cancer screening saves lives.

Did you know colorectal cancer is the second deadliest cancer in the United States? Yet it's highly preventable with screening.

Getting screened can find the warning signs of colon and rectal cancer, so you can take action to stop the disease. Screening can also find colorectal cancer early when treatment is most effective.

Colon cancer is common AND deadly but is highly treatable when caught early. Most people should start getting checked at age 45.

Complete the brief quiz to get screening suggestions based on your risk factors. Take the colon cancer screening quiz at <https://colorectalcaner.org/screening-quiz>



MARCH IS NATIONAL NUTRITION MONTH

As a beacon of wellness, every March is celebrated as National Nutrition Month, casting a spotlight on dietary habits, food knowledge, and the joys of wholesome eating.

www.IABHP.com
Bringing Wellness to the Workplace

March is
National Nutrition Month



This month challenge yourself!

- Try a new healthy recipe every week. Pledge to include more fruits and vegetables in your diet.
- Read and educate. Pick up books or articles that enhance your knowledge about nutrition and dietary habits.
- Share your journey. Document your nutritional adventures on social media, sharing recipes, tips, and milestones.
- Support Local. Visit farmers' markets or local producers to get fresh, nutritious ingredients.

PARK COUNTY PUBLIC HEALTH UPDATES

Park County Public Health is pleased to offer a variety of **vaccinations** for adults to prevent Shingles, Measles, Flu, RSV, Pneumonia, and Tetanus. Give us a call and we'll set you up with the right vaccine and the right dose. 719-836-4174.

Come visit us at the **Bailey Public Library** from 11am to 1pm every 3rd Thursday monthly. We'll answer those hard to ask questions. We're here for you!

Don't forget our new day for **DUDE TALK DINNERS**, now on the last Monday of every month at 6pm, located at 2 Dads Eatery, 60006 US Highway 285, Bailey. A great space to talk just for guys; and free food!

FREE DIALECTICAL BEHAVIORAL THERAPY SKILLS GROUP

Every Tuesday from March 3 to April 7, 3pm-4pm at
Conifer Counseling,
12424 Big Timber Dr.,
Unit 4, Conifer.



FREE DBT SKILLS GROUP
DIALECTICAL BEHAVIOR THERAPY SUPPORT GROUP

DIALECTICAL BEHAVIOR THERAPY (DBT) IS AN EVIDENCE-BASED THERAPY THAT HELPS PEOPLE MANAGE INTENSE EMOTIONS, REDUCE IMPULSIVE BEHAVIORS, AND IMPROVE RELATIONSHIPS. IT TEACHES PRACTICAL SKILLS IN MINDFULNESS, DISTRESS TOLERANCE, EMOTION REGULATION, AND INTERPERSONAL EFFECTIVENESS.

WHAT TO LOOK FORWARD TO:

- EMOTIONAL REGULATION: LEARN SKILLS TO HELP MANAGE EMOTIONS
- GAINING KNOWLEDGE ABOUT COGNITIVE DISTORTIONS
- INTERACTIVE EXERCISES: PRACTICE THROUGH ROLE PLAYS AND ACTIVITIES

FOR MORE INFORMATION
CALL: 720-722-0122
EMAIL:
INTAKE@CONIFERCOUNSELING.COM

FOR ADULTS 18+
EVERY TUESDAY FROM
MARCH 3-APRIL 7
3-4PM
IN PERSON
@ CONIFER COUNSELING
12424 BIG TIMBER DR
UNIT 4
CONIFER, CO 80433

LET'S CONNECT! Park County Public Health: call 719-836-4154.