

**Warren County
Public Health
Education...**

Is committed to offering ***FREE** health education programs and information to the people of Warren County. Warren County's Health Educator is able to attend a variety of events including—but not limited to, school health fairs, town safety days, and community events to answer questions and distribute health information. We also offer a variety of programs that can be presented at public libraries, town halls, senior centers, faith based communities, etc!

For more information, please contact Warren County Health Services and ask to speak with Dan Durkee, 518-761-6580



Health Educator Contact:
Dan Durkee
Durkeed@warrencountyny.gov
518-761-6580

<http://www.warrencountyny.gov/healthservices/>



Public Health
Prevent. Promote. Protect.

Warren County Health Services
Division of Public Health

**WARREN COUNTY HEALTH
EDUCATION PROGRAMS**

Warren County
Municipal Building
1340 U.S. 9
Lake George, NY 12845
518-761-6580



**Warren County Health
Education Programs**

**Take a look inside for
the **FREE** programs
Warren County
Health Services can
offer you!**

**Emergency
Preparedness**



SEASONAL SAFETY

LYME DISEASE:
SIGNS, SYMPTOMS &
PREVENTION TIPS
&more

Warren County Health Services
Tel: 518-761-6580

What is Public Health Education?

Public Health is more than monitoring and enforcing rules to keep our communities safe. It is also about helping people make healthy and informed decisions to prevent disease, injury and unhealthy choices by the use of health education.

Warren County's health education program is a **FREE** service that offers a variety of presentations on a number of current health topics. Our health educator often can develop a program to meet the needs of your group. Presentations can be offered on site or at the Warren County Municipal Center.

Program staff can offer services and support to community groups, schools, families, seniors/retirees, individuals and the general public who are looking to make a positive difference in their health and well-being.



Presentations already prepared for you!

Family Emergency Preparedness — With Warren County's Family Emergency Preparedness program you will gather the basics about how to be prepared in any situation including starting a family communication plan, keep important records safe, how to stay informed, things to consider for special needs people and more.

Healthy Eating — This program will help individuals and families understand the basics of good nutrition, how to find and use nutrition tools available online, how to better understand food labels and what to look for when talking about food and serving sizes.

Seasonal Safety — This presentation can be done in parts or as a whole program. It includes the latest information on Ticks & Lyme disease, West Nile Virus, Rabies, Sun Safety, and even Poison Ivy. A great general safety program for the warmer months.

Other Programs Offered—

- ◆ Staying Healthy During Flu Season
- ◆ Injury Prevention for Children
- ◆ Fall Prevention for Seniors
- ◆ Dental Health (Young Children)
- ◆ Exercise and Heart Health
- ◆ Eating Healthy on a Budget
- ◆ Custom Programs May be Available upon Request

What do we need to do to have a Health Education Program presented to our group?

1. Decide on your health topic
2. Determine how long you want the program to be and how many people will attend (1/2—1 hour programs are typically best). All sizes of attendance are welcome, from small groups to large.
3. Where will the program take place? Our facility is available to use if needed.
4. Contact Dan Durkee at Warren County Health Services to schedule a date and time for the presentation. When possible, please give at least a two--week notice when requesting your program date.

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