

PCHC NEWS



The 10th annual National Women's Health Week will kick off on Mother's Day and will be celebrated until May 16, 2009.

This weeklong health observance is coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It is intended to empower women to make their health a top priority. The theme is 'It's Your Time'. Women's Health Week encourages women to take simple steps for a longer, healthier, and happier life. These simple steps include:

- Getting at least 2 1/2 hours of moderate physical activity, 1 1/4 hours of vigorous physical activity,

or a combination of both, each week.

- Eating a nutritious diet.
- Visiting a health-care professional for regular checkups and preventive screenings.
- Avoiding risky behavior, like smoking and not wearing a seat-belt.
- Paying attention to mental health, including getting enough sleep and managing stress.

Polk County Health Center is strongly encouraging women be a part of

Women's Health Week by scheduling a check up.

Regular screenings, such as pap tests and mammograms, can find diseases early, when they are easier to treat.

Women should contact their current doctor or nurse to schedule a check up.

Polk County Health Center has a female nurse practitioner on staff that can provide clinical breast exams and pap tests. Call 326-7250 to schedule an appointment. (based on a sliding fee schedule)

Local Happenings

- > May 2nd- Polk County Bike Club Cookout 6:30 pm call 777-4936 for more information.
- > May 5th—CMH Mother/ Teen Daughter Night 6-8 pm RSVP 328-7247.
- > May 7th Community Connections 12 noon CMH room #3.
- > May 7th—Bolivar PAT carnival 4-6 pm at Bolivar Primary School
- > May 8th—Polk County Health Center Closed
- > May 10th—Mother's Day
- > May 11th—15th Bike, Bus, Walk to Work Week.
- > May 11th-15th Women's Health Week
- > May 16th—Humansville Optimist Club "Spring Fling" 12-5 pm Humansville Square.
- > May 25th—Memorial Day, Polk County Health Center Closed
- > May 28th Polk County Health Center OPEN HOUSE 3-6 pm. Everyone is invited!
- > May 30th—Kansas City Royals Baseball Clinic Call YMCA 326-3100



Bike, Bus, Walk to Work Week May 11th—15th

Improve your Health—
Bike to your destination!



“Riding a bike is one of the easiest ways to go green! Use your legs instead of gas and reduce ground level Ozone!”

As part of Ozark Greenways' initiative to help create a more bicycle/pedestrian society, they are extending an official Challenge to everyone who works or goes to school in Polk County.

This is a fun rewarding challenge to use "alternative transportation" to get to-and-from work or school at least one day during "Bike, Bus, Walk Week", May 11th-15th.

Polk County Health Center thinks once you try it, you might just like it!

You'll be helping the community and helping yourself.

So get your workplace or school involved in the challenge!

Here are some great reasons you should try

alternative transportation:

1. Conserves resources
2. Non-polluting
3. Inexpensive
4. Relieves traffic congestion
5. Get attention for participating
6. Save time by combining exercising and commuting
7. Arrive at work or school invigorated
8. Experience nature
9. Improver your health, energy, and productivity

If you like to cycle and are interested in meeting other people who do, consider joining Polk County Bike Club. It is a non-profit club whose mission is to promote cy-

cling in Polk County. The goals for the club are:

- Advocating for bicycling by working with City and County officials to mark bike lanes, post signs, and create a bicycle friendly community
- Educating youth and adults about bicycle safety
- Promoting physical fitness
- Being a steward of the Frisco High-line Trail which runs from Bolivar to Springfield and is recognized as a National Recreation Trail

For more information on Bike to Work Week, Polk County Bike Club or bicycle safety, call 326-7250.

Come See Your New Health Center

Polk County Health Center cordially invites you to an Open House on Thursday, May 28th, 2009 From 3—6 pm 1317 W Broadway, Bolivar

There will be refreshments, tours, and tokens of appreciation!

