



HEALTHY HERALD

VOLUME 6 ISSUE 1

JANUARY 2019

JANUARY EVENTS



MALL WALK AND TALK

Wednesday 1/16/19
8:00 a.m.—10:00 a.m.
Location: Mall of Monroe



LIVING WITH DIABETES: GET COOKING

Wednesday 1/16/19
6:00 p.m.—7:30 p.m.
Location: Monroe Home
Care Shoppe
*Emily Stabile, RD will
share ideas for
modifying recipes for your
health and taste
preferences as well as
helpful tips for creating
quick and easy meals!*

For more
information on
Live Well. Be Well.
events and
to pre-register,
call 734-240-7800
or email
LiveWell_BeWell
@monroemi.org

CPR CLASSES

Infant CPR, Safety & Care

Cost: FREE to anyone age 14+
Date: Wednesday, January 9, 2019
Time: 5:00 p.m.—7:00 p.m.
Location: Monroe County Health Department

Adult and Child CPR/AED

Cost: \$35
(Includes workbook and American Heart
Association® certification valid for two years)
Date: Wednesday, January 23, 2019
Time: 5:00 p.m.—7:00 p.m.
Location: Monroe County Health Department

Pre-registration is
required for all CPR
classes—
Call or email us to
reserve your spot!



January is NATIONAL RADON ACTION MONTH

Radon is the second leading cause of lung cancer in the United States, with an estimated 14,000 to 21,000 annual deaths from lung cancer in the U.S. from radon.

Radon is a radioactive gas that occurs naturally in the soil. Radon gas moves through the soil and finds its way into a home through cracks in the foundation and openings around pumps, pipes and drains. Contrary to public understanding, there is no direct correlation between radon levels and house age or house ventilation levels. Any home may have a radon problem. The Environmental Protection Agency (EPA) recommends that all homes be tested to determine the potential for an elevated radon level. **Testing is the only way to know if you and your family are at risk for health issues caused by radon.**

The Monroe County Health Department will continue to work with Monroe County residents to raise awareness of the threat of radon and will provide materials and information about testing for radon. Through a cooperative effort with the Michigan Department of Environmental Quality, the MCHD is able to continue to offer free radon test kits to Monroe County residents.

Visit the Monroe County Environmental Health Division at the MCHD from 8:00 a.m. to 5:00 p.m. Monday through Friday to pick up a free radon kit. For more information on the MCHD radon program, please call 734-240-7900.