



# LIVEWELL NEWS



**YOUR WEEKLY NEWSLETTER ABOUT LIVEWELL FINNEY COUNTY!**

## TWO NEW LACTATION BENCHES COMING TO FINNEY COUNTY

Two new lactation benches are coming to Finney County, thanks to the efforts of the Local Health Equity Action Team (LHEAT). Currently in its second year of collaboration with KU Medical Center's Racial and Ethnic Approaches to Community Health (REACH) grant, the LHEAT is focused on policy and environmental enhancements that promote Physical Activity, Healthy Eating, and Breastfeeding.

These benches will provide a shaded, comfortable spot for parents to feed their babies and include a convenient changing station. Each bench will also feature signage with helpful breastfeeding information and details on local resources. Look for more information soon as soon as benches have been installed!

The LHEAT meets on the second Wednesday of each month at noon in Classroom B at St. Catherine Hospital. We invite you to join us in supporting these meaningful community improvements!



## REMINDER!

FOLLOW US ON SOCIAL MEDIA!



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## UPCOMING EVENTS

- LIEAP Applications Open- November 18
- Coalition Meeting- November 19
- Office Closed for Thanksgiving
- Drug free Communities Meeting- December 2
- LHEAT- December 11

## Naloxone available at LiveWell Finney County!

Naloxone is a life-saving medication that can rapidly reverse the effects of an opioid overdose, restoring normal breathing and potentially saving lives. LiveWell Finney County offers free Naloxone and provides training sessions for groups on how to safely administer it, empowering our community to respond effectively in emergencies. For more information or to schedule a training, please contact LiveWell Finney County.

## NEWS TO SHARE?

Email us at  
LiveWellFinneyCounty@gmail.com

### LOW INCOME ENERGY ASSISTANCE PROGRAM

APPLICATIONS ACCEPTED  
NOVEMBER 18, 2024 THROUGH  
MARCH 31, 2025

QUALIFYING HOUSEHOLDS MUST:

- NOT EXCEED HOUSEHOLD INCOME LIMITS
- BE PERSONALLY RESPONSIBLE FOR THE HEATING FUEL COSTS PAYABLE TO EITHER THE LANDLORD, UTILITY COMPANY OR FUEL VENDOR

VISIT DCF AT  
1710 PALACE DRIVE OR  
CALL 1-888-369-4777 FOR  
MORE INFORMATION

### FACT:

November is national diabetes month. Nearly 98 million adults in the U.S. have prediabetes — and many don't realize it. National Diabetes Month offers an opportunity to spotlight this critical public health issue and inspire people to take charge of their health.

## NOVEMBER 21

The Great American Smokeout: It's Time to Quit!

Quitting smoking is one of the most important steps you can take for your health, and the benefits are life-changing!

- Increases life expectancy
- Lowers the risk of 12 types of cancer
- Reduces the risk of cardiovascular disease

This Great American Smokeout, take a moment to learn about the powerful benefits of quitting smoking and how it can transform your life. It's never too late to make a healthy change!

Together, we can build a healthier, smoke-free future.

## ST. CATHERINE HOSPITAL SOUP CONTEST

Thursday, November 21, 2024, from 11am to 1:30pm in classrooms A&B. Proceeds to benefit Charles O Stones Intermediate Center and Garden City Achieve's Non-perishable Food, Hygiene and Supply Closets. (please bring a hygiene donation)

\$5 for soup, water and dessert.

There is hope.



**988** SUICIDE & CRISIS  
LIFELINE

PEP22-08-03-011

**LiveWell**  
Finney County  
Health Coalition

