



LIVEWELL NEWS

NOVEMBER 11
EDITION

YOUR WEEKLY NEWSLETTER ABOUT LIVEWELL FINNEY COUNTY!

RESIST GROUP PRESENTS TO USD 457 SCHOOL BOARD

Shoutout to the Garden City High School Resist Group! They did an incredible job presenting to the USD 457 School Board on the importance of restorative justice and supporting students caught using tobacco. This approach focuses on helping kids make healthier choices and providing them with the resources they need to succeed.

Way to go, GCHS Resist! You're making a positive impact for a healthier future!



REMINDER!

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UPCOMING EVENTS

- LHEAT - NOVEMBER 13
- COALITION MEETING- NOVEMBER 19
- OFFICE CLOSED FOR THANKSGIVING
- DRUG FREE COMMUNITIES MEETING- DECEMBER 2

Upcoming LiveWell Finney County Health Coalition Meeting

Join us on November 19 at noon in Classroom B at St. Catherine Hospital for our next coalition meeting! We're excited to feature Garden City High School's Resist chapter as they present on their impactful work in tobacco prevention. Learn about their efforts to de-normalize tobacco use among youth in our community and the strides they're making to educate and protect future generations. This meeting is open to the public, and everyone is welcome. Whether you're a coalition member or interested in supporting community health, come be part of the conversation!

- Date: November 19
- Time: 12:00 PM
- Location: Classroom B, St. Catherine Hospital

AVAILABLE RESOURCES!

COMMUNITY RESOURCE GUIDE

LOOKING FOR LOCAL RESOURCES? THE LIVEWELL FINNEY COUNTY COMMUNITY RESOURCE GUIDE IS HERE TO HELP! THIS COMPREHENSIVE GUIDE OFFERS INFORMATION ON HEALTH SERVICES, SUPPORT PROGRAMS, AND OTHER VITAL RESOURCES AVAILABLE IN OUR AREA. PICK UP A COPY AT THE LIVEWELL OFFICES OR ACCESS IT ONLINE ANYTIME AT WWW.LIVEWELLFC.ORG.

COVID 19 TESTS

WE HAVE A LIMITED NUMBER OF FREE COVID-19 TESTS AVAILABLE AT THE LIVEWELL OFFICE. STOP BY TO PICK UP YOURS—LIMIT ONE TEST PER PERSON WHILE SUPPLIES LAST.

WHERE TO FIND US!

LIVEWELL FINNEY COUNTY IS LOCATED ON THE SECOND FLOOR OF THE MEDICAL OFFICE BUILDING ON THE CAMPUS OF ST. CATHERINE HOSPITAL.

310. E. WALNUT, SUITE 202

FACT:

November is Diabetes Prevention Month! Did you know that 1 in 3 American adults has prediabetes, but most don't know it? Simple lifestyle changes like eating healthier, staying active, and managing stress can significantly reduce the risk of developing type 2 diabetes. This month, let's raise awareness and support each other in making healthy choices!



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