

Celebrate National Public Health Week, April 1-7 with Southwest Nebraska Public Health Department (SWNPHD). Join the SWNPHD staff and board members in promoting preventive measures to help produce healthier communities in southwest Nebraska.

“National Public Health Week helps educate Nebraskans about ways to live healthier lives. Health care costs are rising and in many cases, these costs are increasing because preventive measures are not being taken to eliminate future costs,” said Myra Stoney, SWNPHD director. “This week we are encouraging residents of southwest Nebraska to get active, use good handwashing skills, and cover your cough.”

To kickoff National Public Health Week, SWNPHD is encouraging residents to join in community walks being held in Grant, McCook, Imperial and Trenton. On Monday, April 1 everyone can participate in a walk at the following locations:

- Grant Tribune-Sentinel Newspaper Office at 12 noon led by Shari Friedel
- Kelly Park lower shelter House in McCook at 5:00 p.m. CT led by Linda Gordon
- shelter house at Trenton City Park at 5 p.m. CT led by Helena and Jaynee Janousek
- SWNPHD Office in Imperial at 5 p.m. MT led by Heidi Wheeler.

Visit the website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) and find excellent tips on handwashing, emergency preparedness, radon testing, tobacco cessation, West Nile Virus, respite, sun safety, immunizations and numerous preventive programs. May is National Public Health Month and we encourage residents to come back to our website for updates.

Residents in southwest Nebraska can make small changes to their daily routines that will make a difference in helping them live healthier, safer and longer lives.

Southwest Nebraska Public Health is located in McCook and serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.