



Laboratory
Services

Services We
Provide

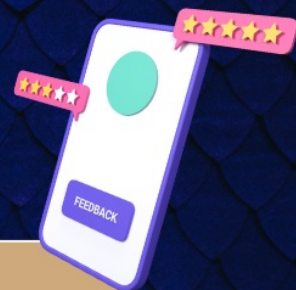
February



2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------------|---|--|----------|---|---|
| | | | | | | 1 |
| 2 | 3 BCHD Staff Meeting 8:00 AM | BAAW Becoming a Mom 1:30 PM BT CO Commission Meeting 9:00 AM | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 BCHD Staff Meeting 8:00 AM | BAAW Becoming a Mom 1:30 PM BT CO Commission Meeting 9:00 AM | 11 | 12 Breastfeeding Support Group 4:00 PM | 13 |
| 14 | 15 | 16 | 17 Office Closed  | 18 | 19 | 20 BCHD Advisory Committee Meeting 11:30 AM - 12:30 PM |
| 21 | 22 | 23 | 24 BCHD Staff Meeting 8:00 AM | 25 | 26 WIC Prenatal Breastfeeding Class 2:00 - 3:00 pm | 27 |
| 28 | | | | | | |

ONLINE SURVEY



Share your feedback
with us:



This survey is designed to help the Barton County Health Department better understand the public's awareness of mental health resources and barriers to access in all areas of the county. All responses will be kept anonymous and used only to understand trends in public knowledge.

[Survey Link](#)



Barton County Health Department – February 2025 Update

Hello Barton County Community!

As we welcome February, we're excited to share what's happening this month in public health and highlight some key events, resources, and tips to keep you and your family healthy.

Public Health Focus for February

This month, we're shining a spotlight on heart health as part of American Heart Month. Cardiovascular disease remains a leading health concern in our community, but small lifestyle changes can make a big difference. Follow our social media for tips, recipes, and resources on how to keep your heart strong.

Key Public Health Dates in February

- February 4: World Cancer Day: Raise awareness and take action to prevent cancer. Schedule your cancer screenings or encourage a loved one to do the same.
- February 14: National Donor Day: Celebrate love by registering as an organ donor and giving the gift of life.
- February 22-28: National Eating Disorders Awareness Week

What's Happening at Barton County Health Department?

- Vaccination: Stay protected! Walk in for routine immunizations, including flu and updated COVID-19 shots.
- Free Blood Pressure Screenings: You don't need to make an appointment.

Community Reminders

- Cold & Flu Season: Don't forget to wash your hands, stay hydrated, and rest up. Visit us if you need guidance on cold or flu symptoms.
- Mental Health Check-In: Winter blues are real—contact local mental health resources if you're feeling overwhelmed. You're not alone.

We're here to support your journey to better health. For updates, follow us on Facebook or visit our website for more information about services and events.

Here's to a happy and healthy February!

Your Barton County Health Department Team

Stay safe, stay healthy,
Barton County Health Department

Stay informed and take proactive steps for your health this January. Remember,

small changes can make a big difference!

Explore Job opportunities here at your local Health Department!

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call
620-793-1902 if you have any questions.

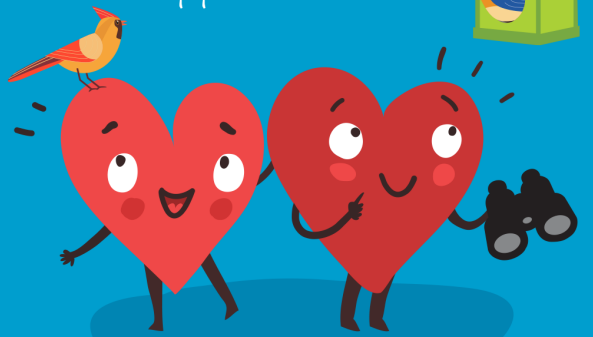
As always, thank you for your support of Public Health!!

A message for all **#OurHearts**

REST



Happy Donor Day



National Donor Day is February 14.
Share the love and register today.

RegisterMe.org



Feliz Día
del Donante



El 14 de febrero es el Día Nacional del Donante.
Comparte amor y regístrate hoy.

DoneVida.org



Barton County Health Department

OPENING HOURS

| | |
|------------------|-----------------------|
| Monday | 8:00AM-6:00PM |
| Tuesday | 8:00AM-6:00PM |
| Wednesday | 8:00AM-6:00PM |
| Thursday | 8:00AM-6:00PM |
| Friday | 8:00AM-12:00PM |
| Saturday | Closed |
| Sunday | Closed |

Starting January 2nd, we'll be open during lunch hours to serve you better. Stop by and see us!

Mango Salsa



The sweetness of fresh mango combined with savory pepper and green onion and the zest of lime give this salsa a balance of flavors that are refreshing and crisp. Serve this appetizer with baked tortilla chips or whole-grain crackers for a tasty snack.

Ingredients

- 1 medium mango, peeled and chopped
- ¼ cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1–2 tablespoons)

Directions

1. Peel and chop the mango, being sure to remove the seed.
 2. Cut the pepper and onion into small pieces.
 3. Mix all the ingredients together.
-

MY LIFE  MY QUIT



**Free, confidential help
to quit vaping and other
tobacco for youth
under 18**

mylifemyquit.com

KanQuit! 

KANSAS TOBACCO QUITLINE
1-800-QUIT-NOW (784-8669)

KSquit.org

Contact Us



Public Health
Prevent. Promote. Protect.
Barton County Health Department

Barton County Health Department | 1300 Kansas Ave. | Great Bend, KS 67530 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!