

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.


## What's in This Month's Issue:


- American Heart Month: Strategies for Heart Health
- Connect 4YourMentalHealth
- Grief Recovery Method Support Group
- Healthy Game Day Snack


- Regional Substance Use Prevention Breakfast
- Free At-Home COVID-19 Test Kits Available at BCHC
- Talking Points Content Survey


## American Heart Month: Strategies for Heart Health Source: CDC


In Williams County, heart disease is the leading cause of death. Use these strategies to lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.


 Learn your health history. Know your risks and talk to your healthcare provider about your health history.

 Eat a healthy diet. Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar. Visit [myplate.gov](http://myplate.gov) to learn more or find healthy recipes and tips.

 Move more, sit less. Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle strengthening activities at least 2 days a week.

 Quit smoking. Call 1-800-QUIT-NOW or visit [smokefree.gov](http://smokefree.gov) for free help and take the first step on your journey to quit.

 Take medicines as directed. If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

 Choose your drinks wisely. Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation by limiting

consumption to no more than 1 drink a day for women (2 for men) on days that alcohol is consumed.



Monitor your blood pressure at home. Self-measured blood pressure monitors are easy and safe to use, and your doctor can show you how to use one if you need help.

Learn more about keeping your heart healthy by visiting

[www.cdc.gov/heartdisease/prevention.htm](http://www.cdc.gov/heartdisease/prevention.htm).



### Williams County Adults with Cardiovascular Disease Risk Factors



The American Heart Association (AHA) has resources available to help you be "healthy for good." Click the link to learn more or register to receive a free Shop Smart, Eat Smart digital recipe booklet, as supplies last.

AHA Link: <https://www.heart.org/en/healthy-living>

## Connect 4 Your Mental Health

Did you know that spending time with loved ones can be good for your mental health? It can increase your sense of belonging, boost your happiness, reduce your stress, and even encourage you to adopt a healthier lifestyle. Being physically present with someone encourages positive well-being and offers support through life's challenges. Set a goal to 'connect' with others more often. Your mind will thank you.

Nurture healthy relationships using these tips:

- **Get involved.** If you are struggling to make connections, try a new activity or group in your community. Attend a club, volunteer, join a fitness class, visit free events at the library, attend performances, or join a local organization. Try something new.
- **Reach out.** Call or text supportive friends or family and let them know that you would like to be in touch more often. Think about the interests you share. Arrange to have coffee or a meal, listen to music, attend an event, or play a game.
- **Schedule time with a loved one.** Get a date on the calendar. Life can get busy, but by scheduling time, you are more likely to follow through.
- **Manage your commitments.** Relationships are built on trust. It is important to follow through on your commitment to spend time together. Be honest with what you can handle and set healthy boundaries.
- **Spend quality time together.** Practice active listening. Be present. Limit use of your phone and other distractions. Share how much you appreciate your friends and family with them - they may not know.

What do you do to balance your mental health? Share your story with us: [bit.ly/4YMHSurvey](https://bit.ly/4YMHSurvey).

Read more at [4yourmentalhealth.org](https://4yourmentalhealth.org)

## Grief Recovery Method Support Group

**GRIEF SUPPORT GROUP**

**GROUP MEETING DATES**

- Thursday, March 16
- Thursday, March 23
- Thursday, March 30
- Thursday, April 6
- Thursday, April 13
- Thursday, April 20
- Thursday, April 27
- Thursday, May 4

**TIME:**  
6:00pm-8:00pm

**WHERE:**  
Lockport Mennonite Church  
9269 Co Rd 21N  
Stryker, OH 43557

Questions? Email Brittany at  
[brittany.spotts@williamscountyhealth.org](mailto:brittany.spotts@williamscountyhealth.org)

**REGISTRATION REQUIRED**

Scan the QR code or visit  
[bit.ly/GriefSupportSpring2023](https://bit.ly/GriefSupportSpring2023)  
to register by Wednesday, March 15th.

Williams County Health Department funds free Grief Support Groups. Our support groups offer a safe, evidence-based environment for grievers to take effective and lasting action, no matter the type of loss experienced. These groups are led by Grief Recovery Method Specialists, trained and certified by the Grief Recovery Institute. The group meets once per week for 8 weeks. There is no cost for participating in these group support sessions.

Thursday, March 16	Thursday, April 13
Thursday, March 23	Thursday, April 20
Thursday, March 30	Thursday, April 27
Thursday, April 6	Thursday, May 4

**Time:** 6-8pm      **Location:** Lockport Mennonite Church

Visit [bit.ly/GriefSupportSpring2023](https://bit.ly/GriefSupportSpring2023) to register.

For more information about the group, email Brittany at [brittany.spotts@williamscountyhealth.org](mailto:brittany.spotts@williamscountyhealth.org).

## Healthy Game Day Snack

Source: MyPlate.gov

Looking for a healthy snack for game day? This Layered Black Bean Dip is colorful, wholesome and tasty. Kids in the kitchen can help with the mashing, mixing, and layering. Paired with veggie sticks or baked whole wheat tortilla chips, this is recipe is a winner! [bit.ly/3HehODp](https://bit.ly/3HehODp)



## Regional Substance Use Prevention Breakfast

This month, regional coalitions in Williams, Defiance, Henry, and Fulton County are partnering to host a substance use prevention breakfast. Join in on conversations about the following substance use prevention and harm reduction topics:

- Regional Substance Use Data
- What is Prevention?
- Hidden in Plain Sight Display
- Impacts of Youth Led Prevention
- Harm Reduction Strategies
- Next Steps for Williams County's Efforts

WHEN: Thursday, February 23rd, 7:30am-11am  
 WHERE: NWOESC, 205 Nolan Pkwy, Archbold, OH  
 Registration is required by February 10th:  
[bit.ly/SubUseBreakfast](http://bit.ly/SubUseBreakfast)

**Regional Substance Use Prevention Breakfast: A Community Conversation**

**DATE:** Thursday, February 23, 2023  
**TIME:** 7:30AM - 11:00AM  
**LOCATION:** Educational Service Center, 205 Nolan Pkwy, Archbold, OH 43502

Registration is required. Scan the QR code or visit [bit.ly/SubUseBreakfast](http://bit.ly/SubUseBreakfast) to register.

DEFIANCE COUNTY DRUG FREE COALITION  
 Henry County Health Partners  
 HC3 Healthy Choices Caring Communities  
 ECHO EDUCATION COOPERATIVE OF HEALTHY OPPORTUNITIES

## Free At-Home COVID-19 Test Kits Available at BCHC

Bryan Community Health Center has free COVID-19 at-home test kits available at their Bryan office. Ask for your free tests at the front desk, as supplies last. There is a limit to 2 test kits (4 total tests) per person.

Call 567-239-4562 if you have additional questions.

### FREE AT-HOME COVID-19 TEST KITS

Free at-home COVID-19 tests can be picked up at the Bryan Community Health Center, as supplies last.  
 228 S. Main St., Bryan, OH 43506

Free kits can be picked up at the front desk from 8am-4:30pm, Monday-Friday.  
**LIMIT 2 KITS PER PERSON** (2 tests per kit)  
 If you have questions about obtaining a kit, call 567-239-4562.



## Talking Points Content Survey

We would like to hear from you. What would you like to learn about in future Community Talking Points? Share your feedback by taking the following survey: [bit.ly/CTPInputSurvey](http://bit.ly/CTPInputSurvey).



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would like to receive the community talking points directly, sign up by completing this form: [bit.ly/WCCCommunityTalkingPoints](http://bit.ly/WCCCommunityTalkingPoints)

For more information on WCHD programs and services, visit: [williamscountyhealth.org](http://williamscountyhealth.org)

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