

Cumberland Nutrition Grand Opening



A Grand Opening/Ribbon Cutting was held last Thursday for Cumberland Nutrition. The new business, which offers healthy and nutritious drinks, vitamins, prepackaged meals, and other beneficial items, is located at 2329 Lakeway Drive, Suite L, in the Key Village Mini Mall in Russell Springs. Business hours are Monday-Saturday, 9 a.m. to 5 p.m.-with the store closing at noon on Saturday, and from noon to 1 p.m. Monday through Friday for lunch. For additional information, contact Cumberland Nutrition at (270) 866-9493.

National Public Health Week is April 1-7

Where we live impacts our communities' health. We can make our communities healthier, stronger, and safer. We're excited to announce the 2024 National Public Health Week theme is "Protecting, Connecting and Thriving: We Are All Public Health."

Your local health department's mission is

to promote and protect the health of all who live, work, learn and play throughout the Lake Cumberland area. Public health professionals try to prevent problems from happening or recurring by implementing educational programs, recommending policies, promoting healthy lifestyles, assuring a safe environment, and detecting and

controlling infectious diseases. In contrast, clinical professionals like doctors and nurses, focus primarily on treating individuals after they become sick or injured.

This year's theme, Protecting, Connecting, and Thriving: We Are All Public Health, focuses on ways our communities flourish when they have their needs

met. As we celebrate the 29th NPHW, April 1-7, we want everyone to focus not just on what we can do as individuals, but what we can do as communities to protect and prioritize public health.

In the spirit of Public Health Week, it is important to note that Kentucky is one of the unhealthiest states in our nation. A few

healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce

several types of cancer. Finally, ensuring you get your needed preventive screenings can detect diseases early and greatly increase your chances for positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at www.LCDHD.org for more information.



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NATIONAL PUBLIC HEALTH WEEK

**We salute the staff of
Russell County
Health Department
whose mission is to
promote and protect the
health of all who live, work,
learn, and play throughout
the Lake Cumberland area.**

Here are just a few of the services offered:

- WIC Program
- Immunizations
- Diabetes Management
- Abstinence Education
- H.A.N.D.S. Program
- Women's Health Services
- Environmental Health Services
- STD Testing
- Smoking Cessation



211 Fruit of the Loom Drive, Jamestown, Kentucky
Public health workers serve the community they love.

