

NATIONAL PUBLIC HEALTH WEEK IS APRIL 1-7

Protecting, Connecting, and Thriving:
We are all public health

LCDHD

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 de-

tecting 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.

CU announces Chick-fil-A grand opening is April 3

GERARD FLANAGAN
CU OFFICE OF MARKETING AND COMMUNICATIONS

The wait to "eat mor chikin" is over at Campbellsville University.

Chick-fil-A, located in the Davenport Student Commons on campus at 410 N. Hoskins Avenue in Campbellsville, has

reopened following renovations, and the public is invited to celebrate at a grand reopening at 11 a.m., Wednesday, April 3.

A ribbon cutting with the Campbellsville/Taylor County Chamber of Commerce will take place at 11 a.m., followed by photo opportunities with the Chick-fil-A cow and

Clawz, the mascot for Campbellsville University. There will be a chicken nugget eating contest and other activities to win prizes.

For more information, contact Alex Dalton, interim director of marketing and communications, at (270) 789-5214 or addalton@campbellsville.edu.

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Green County Property Owners

Have You Paid Your Green County Fire and Rescue Fire Dues For 2024?



Fire dues run from January 1st to December 31st of the current membership year. By paying your fire dues, you are avoiding a charge should you need the services of the fire department.

NON-MEMBERSHIP FIRE CALLS ARE A MINIMUM OF \$500 PER CALL

Property Owner:

Phone Number of Property Owner:

Mailing Address:

Physical Address of Property:

Dues are payable by

- 1) mailing a check or money order to P.O. Box 1, Greensburg, KY 42743;
- 2) dropping it in the secure dues box attached to the department in Greensburg; or
- 3) paying the dues to any Green County firefighter.

\$70 for 1st deed - \$30 for each additional deed

Total Amount \$ _____

NOTE: If you live in or around the Summersville area, or if you have already paid your dues, please disregard this notice.

Mail this form with payment

Sale good through Saturday, APR. 6, 2024
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