Health Observances

**October**
National Breast Cancer Awareness Month
Mental Illness Awareness Week 10/1-7
National Prescription Drug Take Back Day 10/28

**November**
American Diabetes Month
Great American Smokeout 11/16
Lung Cancer Awareness Month

**December**
National Handwashing Awareness Week 12/3-9
National Safe Toys & Gifts Month
Roasted Brussels Sprouts

1 pint Brussels sprouts (about a pound)
4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
5 cloves garlic, peeled
Salt and pepper to taste
1 tablespoon balsamic vinegar

Heat oven to 400 degrees.

- Trim bottom of Brussels sprouts, and slice each in half top to bottom.
- Heat oil in cast-iron pan over medium-high heat until it shimmers;
- Put sprouts cut side down in one layer in pan;
- Put in garlic, and sprinkle with salt and pepper;
- Cook, undisturbed, until sprouts begin to brown on bottom, transfer to oven;
- Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes;
- Taste and add more salt and pepper if necessary;
- Stir in balsamic vinegar and serve hot or warm.
Monthly Diabetes Support Group

2nd Thursday of each month
10 am to 11 am
at the
Douglas County Health Department

Call 417-683-4174 for information

---

Monthly Health Fairs

1st Tuesday of each month during the school year at Plainview School from 8—10 am
2nd Tuesday of each month during the school year at Skyline School from 8—10 am

Free blood pressure, BMI and blood glucose checks for adults 18 years of age and older

Community members are welcome!

---

Handwashing

Wet your hands with clean running water (warm or cold) and apply soap.

Lather your hands by rubbing them together with the soap.

Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers and under your nails.

Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
As a parent, you give your children a good start in life. You nurture, protect and guide them. Visit:
https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html
to learn positive parenting tips to help your child's development.

For more information about WIC, visit:
https://health.mo.gov/living/families/wic/

Helping your child develop is one of a parent's most important jobs.
Find helpful tips on the CDC and Missouri WIC websites.

Call 417-683-4174 to see if you qualify!