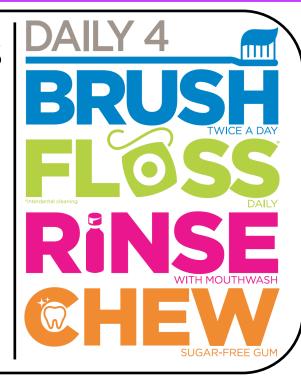
## WHAT THE HEALTH!?

## October is National Dental Hygiene Month!

Check out the Tioga County Public Health Website to see where our Mobile Dental Unit is traveling to this year!



## Keep Your Bones & Joints Healthy!

 Run or walk often to keep your bones strong, and build muscle to take strain off your joints

 Eat a balanced diet with plenty of calcium, Vitamin D, and Protein

 Maintain good posture to help the joints in your back and hips

Avoid smoking and drinking alcohol

1 in 8 Women.
Will Get Breast
Cancer in Their
Lifetime

Your Risk for Developing Breast Cancer Increases If.

You Are Female

You have a Family History of Breast Cancer,

You Are Over 40

You have high density breasts

Reduce Your Risk!

BreastFeed

Control Your Weight

Exercise at least 3 times a week

Limit alcohol consumption

IF YOU ARE A FEMALE OVER 40, MAKE SURE YOU ARE GETTING YOUR ANNUAL MAMMOGRAMS!







Tioga County

Nearly
1 in 4
women

About
1 in 7
men

report having experienced severe physical violence from an intimate partner in their lifetime.

About 1 in 6
women \*\*\*\*\*\*
and 1 in 14 men

have experienced contact sexual violence by an intimate partner.

10% of women and 2% of men

report having been stalked by an intimate partner.

Are you a victim of domestic violence and are looking for help?

Contact A New Hope Center at 607-687-6866.

October 2019