

# WHAT THE HEALTH!?

## Walk For 30 Minutes a Day!

It's a Safe, Easy, and Affordable Way to Keep Your Health in Check!

### Improve Your Mood

Reduce Symptoms of Depression & Anxiety  
Increase Attention and Decision Making  
Get A Better Nights Sleep



### Boost Your Health

Reduce Chances of Developing Type II Diabetes  
Lower Your Risk for Heart Disease  
Decrease Risk of Developing Certain Cancers

### Fight Weight Gain & Improve Fitness

Lower Sugar Cravings  
Strengthen Bones and Muscles  
Improve Posture and Balance  
Reduce Lower Back Pain



## Rabies Vaccination Clinic

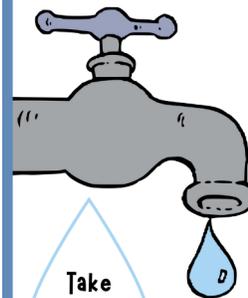


Sunday, August 22nd  
10:00am - 12:00pm

Stray Haven  
194 Shepard Rd, Waverly, NY

Pre-register: 607-565-2859  
Suggested Donation \$10

## August is National Water Quality Month



Pick up after your pet

Wash your car at a car wash

Avoid using antibacterial soaps

Take shorter showers

Fix dripping pipes, faucets, and hoses

Don't flush expired medication down the toilet

Turn off the water when brushing your teeth

## AUGUST IS... National Immunization Awareness Month

### WHO NEEDS VACCINES?



### PEOPLE OF ALL AGES!

Vaccines are important across the lifespan! From infants to young adults to older adults - Vaccines provide protection against serious diseases!



## ARE YOU UP-TO-DATE?



## Protect Our Water Supply!

August 2021