



What the Health!?

February 2024

February is Healthy Relationship Action Month

It is meant to encourage a focus on creating caring connections that help to foster positive mental and physical health.

Healthy Relationship

Unhealthy Relationship

- Comfortable Pace
- Honesty
- Respect
- Kindness 
- Healthy Conflict
- Trust
- Independence
- Equality 
- Taking Responsibility
- Fun

- Intensity
- Manipulation
- Sabotage
- Guilt 
- Deflecting Responsibility
- Possessiveness
- Isolation
- Belittling
- Volatility 
- Betrayal

Everyone deserves to be treated with respect and to feel safe and happy in their relationships. If you notice yourself or others exhibiting one or more of these behaviors, if it feels safe, it is important to address them in an honest and respectful conversation. If you think you are in a dangerous situation, trust your gut and reach out for help.

HEALTHY AGING

Although genetics play a role in longevity, there are things that everyone can do to ensure they stay healthy as they age.



Eat healthy, well balanced meals



Get regular eye and dental care



Complete all routine screenings for your age



Get regular physical activity



Keep socially connected



Stay mentally active

HARM REDUCTION SAVES LIVES!



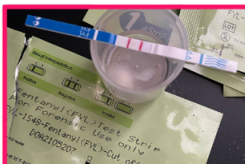
Speed Limits



Helmets



Naloxone



Fentanyl Test Strips



Masks



Clean Needle Exchange



Seat Belts



Designated Drivers



Nicotine Patches



Med. Assisted Treatment



Condoms



Alcohol Prep Pads