



Panhandle Health District

Healthy People in Healthy Communities

Public Health
Prevent. Promote. Protect.

Panhandle Health District

FOR IMMEDIATE RELEASE

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PHD Highlights Local Health Issues During National Public Health Week

HAYDEN, ID – Panhandle Health District (PHD) will be celebrating National Public Health Week April 4-10, 2016. Communities across the country will host events to bring attention to some of our nation's top public health concerns. PHD will be highlighting local public health matters such as suicide prevention, teen pregnancy and healthy relationships, physical activity and maternal health. All community members are encouraged to participate in the activities.

The events are as follows:

Wednesday, April 6th: KNOW THE WARNING SIGNS OF SUICIDE

PHD is hosting a QPR (Question, Persuade, Refer) presentation from 12:00-1:00 PM at the Hayden location. Participants will discuss new ways to promote mental health and learn three steps they can take to help prevent suicide in our community. Space is limited, so attendees are advised to arrive 10-15 minutes early.

More details about the events can be found [here](#).

Thursday, April 7th: NORTH IDAHO BRIDGING THE GAP DINNER

Join us for a free, 3-course dinner at the Best Western Plus Coeur d'Alene Inn at 6:00 PM. Experts and local students will be providing tools and strategies that can help hard or awkward conversations like "the birds and the bees" a little easier to navigate. Parents and anyone who is helping guide a teen or pre-teen through life are welcome; however we wouldn't recommend bringing any children. Reserve your seat today by signing up online or by calling (208)415-5140.

More details about the events can be found [here](#).

Friday, April 8th: CELEBRATE NORTH IDAHO WALKING DAY

Community members are encouraged to participate in Panhandle Health District's 2nd annual North Idaho Walking Day! At any point in the day, take 20 minutes to go for a walk and enjoy the great Idaho outdoors. This year, when you walk, post a picture on social media using #walknorthidaho to show your support for a healthier community.

More details about the events can be found [here](#).

Saturday, April 9th: NORTH IDAHO MOMMYFEST 2016

PHD is hosting North Idaho Mommyfest, a local expo celebrating mothers and mothers-to-be. The Hayden office will be hosting the FREE event from 10:00 AM-1:00 PM. Inside the lobby will be booths with local programs and experts to answer all mommy-related questions and a chance to win prizes. Outside, car seat safety specialists will be helping install car seats correctly and giving away car seats while supplies last.

More details about the events can be found [here](#).

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