

# HEALTHY PALOUSE

SPREADING THE WORD ABOUT STAYING HEALTHY ON THE PALOUSE

## Seasonal Flu Shots are **HERE!!!**

September 15, 2009

[www.whitmancounty.org](http://www.whitmancounty.org)

Keep your family healthy this flu season, call today to get your family in to be vaccinated against the Influenza!

Pullman: Tuesdays 8-12, 1-5 By appointment  
1205 SE Pro Mall Blvd. Suite 203, Pullman, WA

Colfax: Wednesdays 8-12, 1-5 By appointment  
310 N. Main St. Suite 108, Colfax, WA

Call for your appointment TODAY!  
509-332-6752 for Pullman  
509-397-6280 for Colfax



H1N1 (Swine Flu) Vaccinations coming mid-October for high risk groups. Call for more information.



## CATCH — Community Action to Child Health

CATCH is a program that seeks to affect children's attitudes and behaviors towards nutrition and physical activity. It is a program to improve levels of physical activity and reduce fat content of school lunches.

Within the schools, children not only learn about healthy eating and activity, they get to prepare and sample more healthful food choices. They improve their level of physical fitness by participating in activities that are fun.

The healthy environment is extended to after school and community recreation settings.

School nurses introduce the program to school staff, allowing them to peruse the program and incorporate in their classes. Targeting at least one teacher to use the program is our goal. Nurses get involved as well, assisting in getting the program started.

The program uses space-age heroes like Hearty Heart, Dynamite Diet, Flash Fitness, and Salt Sleuth to make learning to be healthy, fun.

Mary Stevens RN Whitman County Public Health

Call or email for more information on the CATCH program.

### Related Links:

- [CDC Healthy Communities Program](#)
- [WE CAN!](#)
- [Washington State Nutrition & Physical Activity Program](#)
- [WebMD Portion Guide](#)

### Upcoming Topics:

- Community Events



### Upcoming Events:

- **Farmers Market: May 20th-October 28th, Wednesdays 4:30-6:30pm**
- **Seasonal Flu Shots Call TODAY!**

Healthy Palouse is funded by the 5930 Grant, and supported by the Whitman County Health Department

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at [jessieh@co.whitman.wa.us](mailto:jessieh@co.whitman.wa.us) or call us at 509-332-6752