

“Healthy Start Happenings”

Healthy Start Coalition Of Bay, Franklin & Gulf Counties

May 2017 Awareness

International Nurses Day - May 12th
Mother's Day - May 14th
Memorial Day - May 29th
National Women's Health Week (14th-20th)
National Mental Health Awareness Month



**Healthy Start's
World's Greatest
Come-n-Go Baby Shower**

For Bay, Franklin & Gulf Counties

Thursday, May 4, 2017
4:30PM - 7:00PM CST

First United Methodist Church
903 East 4th Street
Panama City, FL 32401

If you are pregnant, or have had a baby within the last six months, you and your family members are welcome to join us!

FREE Community Event ~ Games (Special Game for Dads) ~ Door Prizes ~ Refreshments ~ Entertainment

Sponsored in part by:

- Florida Health
- Gulf Coast Regional Medical Center
- Trustmark Bank
- Coastal Obstetrics & Gynecology (850) 785-0515

- ♥ The Fetal and Infant Mortality Review meeting will be held Monday, May 1st, noon, at Gulf Coast Medical Center's Diagnostics Building. RSVP to Kelly at 872-4130, ext. 102.
- ♥ Healthy Start's FREE World's Greatest Baby Shower will be held on Thursday, May 4th, 4:30pm-7:00pm at First United Methodist Church, 903 E. 4th Street.
- ♥ March of Dimes Walk will be on Saturday, May 6th, 8:00am, at McKenzie Park.
- ♥ Coordinated Intake & Referral (CI&R) meeting will be on May 18th, 9:00am-11:00am at CareerSource Gulf Coast.
- ♥ The Interagency Meeting will be held Friday, May 19th, 12:00pm-1:00pm, at The Place on Harrison Avenue. The meeting is open to all direct social service agency personnel.
- ♥ Healthy Start Board of Directors meeting will be held on Friday, June 2nd, place TBD.
- ♥ Healthy Start has FREE Childbirth Education classes, for more information:
 - ♥ Bay County residents call (850) 252-9601
 - ♥ Franklin County residents call (850) 370-6351
 - ♥ Gulf County residents call (850) 227-1276 ext. 0413
- ♥ Last Rites for Little Ones has funds available for families who have lost an infant. If you know someone who may need assistance, call the Healthy Start FIMR Coordinator at 872-4130 Ext 102.

The Healthy Start Coalition is excited to announce the award of a Maternal, Infant and Early Childhood Home Visiting (MIECHV) grant to implement the Parents as Teachers (PAT) program for 50 high-need families in Bay County. PAT promotes optimal early development, learning and health of young children by supporting and engaging their parents and caregivers by providing an evidence-based, research-informed home visiting model. PAT direct services will be provided by the Gulf Coast Children's Advocacy Center.

News from the FIMR Coordinator:

National Women's Health Week is a national effort led by the U. S. Department of Health and Human Services with a goal to empower women to make their health a priority. The focus is on the importance of incorporating simple preventive and positive health behaviors into everyday life.

During National Women's Health Week, women should visit their health care professionals for an annual check-up and preventive screenings. Women should also become more active, eat healthier, avoid unhealthy behaviors and pay attention to mental health including getting enough sleep and managing stress. Maintaining regular check-ups is one of five health habits that can improve a woman's health.

