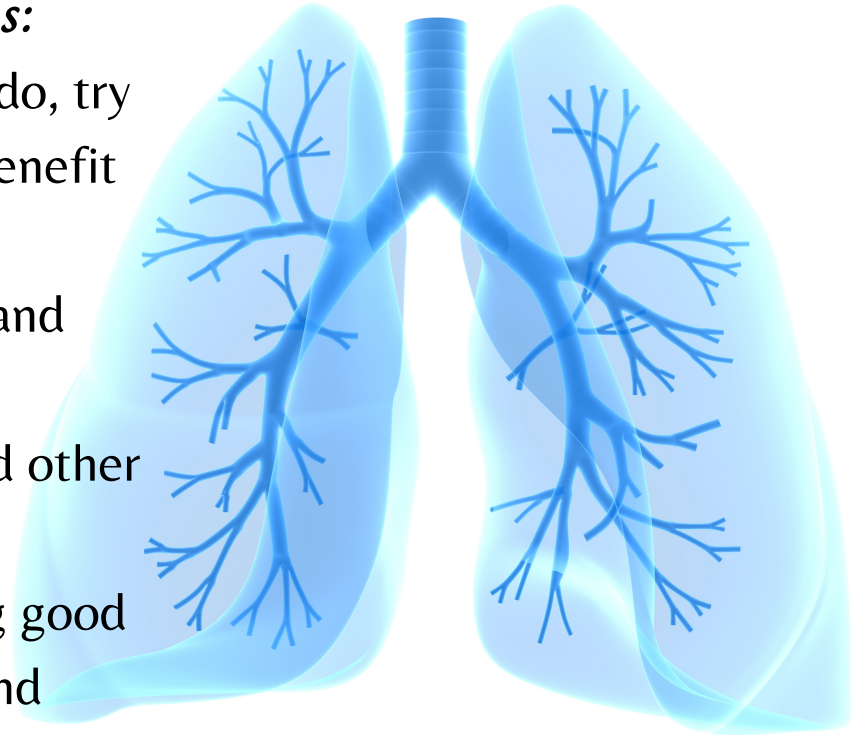


## HEALTHY LUNG MONTH

### *Tips on Protecting Your Lungs:*

1. Don't smoke/vape, and if you do, try to quit. It's never too late to benefit from quitting.
2. Minimize exposure to indoor and outdoor air pollutants like secondhand smoke, radon, and other pollutants.
3. Prevent infection by practicing good hygiene, getting vaccinated, and staying home if you're sick.
4. Make sure to get regular check-ups.
5. Stay physically active.

Find out more at: [Lung.org](http://Lung.org)



## MENTAL HEALTH CORNER

### *October is Domestic Violence Awareness Month*

Intimate partner violence accounts for 15% of all violent crime in the US.

Only 34% of people who are injured by intimate partners receive medical care for their injuries.

On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.

For more resources on Domestic Violence, visit:  
[NDVH.org](http://NDVH.org)  
[loveisrespect.org](http://loveisrespect.org)  
[childhelp.org](http://childhelp.org)  
[RAINN.org](http://RAINN.org)

Find out more at: [NCADV.org](http://NCADV.org)

## October is National Dental Hygiene Month

Call today to schedule your Annual Cleaning!

Lee County Dental:

606-464-9262

Morgan County

Dental:

606-743-3030

Breathitt County

Dental:

606-666-9950

