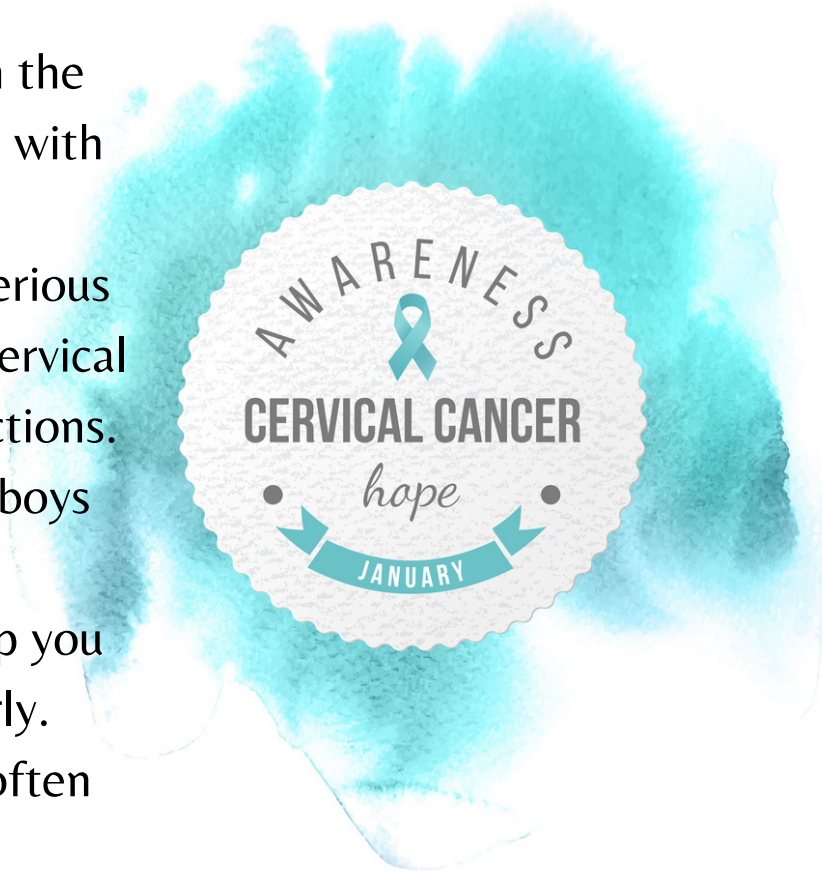


CERVICAL CANCER AWARENESS MONTH

- More than 13,000 women are diagnosed with Cervical Cancer in the US each year but it is preventable with vaccine and regular screenings.
- The HPV Vaccine helps prevent serious HPV infections that can lead to Cervical Cancer and less serious HPV infections. The Vaccine is recommended for boys and girls at age 11 or 12.
- Getting regular Pap Tests can help you find signs of an HPV infection early. Talk to your provider about how often you should be getting a Pap Test.

Find out more at: NCCC-online.org



START YOUR YEAR OFF RIGHT AND QUIT SMOKING OR VAPING

Visit MyLifeMyQuit.org or text 36072 for FREE confidential help to quit vaping, smoking, or chewing for youth under 18.

Any Kentuckian can get a FREE personal Quit Coach through Quit Now Kentucky by calling 1-800-QUIT-NOW or visiting QuitNowKentucky.org

MENTAL HEALTH CORNER

New Year's Resolutions to Benefit your Mental Health

- Start a Gratitude Journal.
- Set aside time to stay away from social media.
- Learn to say "No" when you need to.
- Learn what self-care methods work well for you and use them often.
- Set healthy boundaries.
- Stay physically active.