

WHAT THE HEALTH!?

STAY HEALTHY THIS SPRING & SUMMER!

GET OUTSIDE!



EXERCISE!



EAT RIGHT!



RELAX!



FOLLOWING A HEALTHY LIFESTYLE THAT INCLUDES REGULAR PHYSICAL ACTIVITY, GOOD NUTRITION, AND STRESS MANAGEMENT CAN HELP PREVENT SEVERE COVID-19 DISEASE!



Public Health
Prevent. Promote. Protect.

Tioga County

SAVE A LIFE ON WORLD BLOOD DONOR DAY

Be a part of the solution

WEDNESDAY, JUNE 14TH



JUNE IS MEN'S HEALTH MONTH



June 2021

June is Pet Preparedness Month

Make a plan. Build a kit. Stay informed.



Learn more at ready.gov/pets



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Rabies Vaccination Clinic

Sunday, June 6th
10:00am-12:00pm
at Stray Haven

Stray Haven: 607-565-2859

Pre-register:

<https://forms.gle/7AWjK2DsDpk7n2JW7>