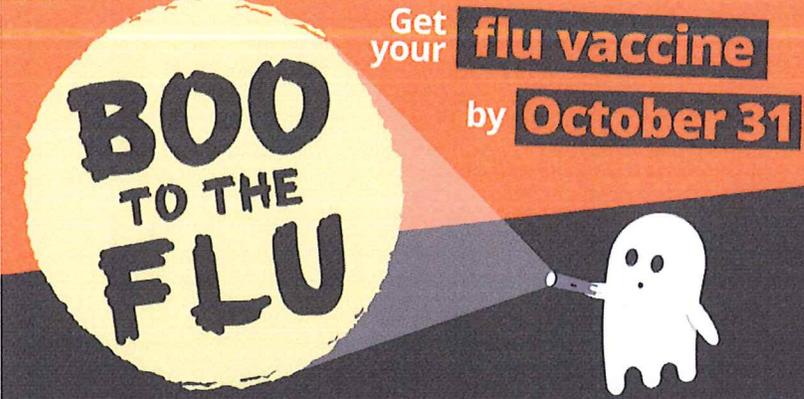
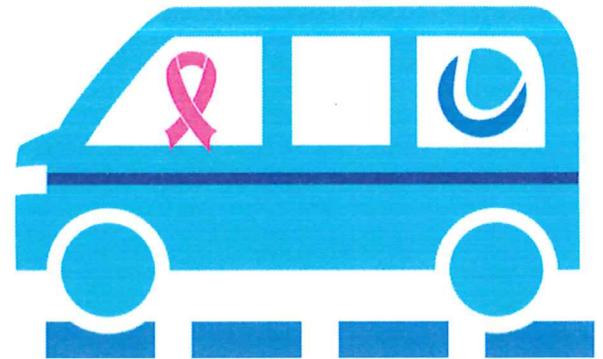


Get your **flu vaccine**  
by **October 31**

**BOO TO THE FLU**



FREE flu vaccine available on the  
MOBILE HEALTH TEAM van  
(while supplies last)



**OCTOBER 2025**

**OUR PUZZLE PAGE IS ALL ABOUT HEALTHY TRICKS AND TREATS.**

## OCTOBER is Breast Cancer Awareness Month

### What can I do?

You can support Breast Cancer Awareness Month by wearing pink to show solidarity, donating or volunteering with organizations, and sharing information about early detection. Joining local events like walks or fundraisers is another great way to raise awareness and support your community.

*And don't forget to encourage your loved ones to get screened for breast cancer.*

*Scan this QR code to recognize breast cancer warning signs.*



*Uncas Health District serves the communities of Bozrah, Franklin, Griswold, Lebanon, Lisbon, Montville, Norwich, Preston, Salem, Sprague and Voluntown.*



Scan to  
learn more



**uncashd.org**  
**860-823-1189**



We are promoting **BREAST CANCER AWARENESS** throughout the month of **OCTOBER**

Date	Time	Location / Details
Wed, Oct 1	10:30 AM – 1:00 PM	St Vincent DePaul Place, 120 Cliff St., Norwich
Wed, Oct 1	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Thu, Oct 2	10:00 – 11:00 AM	Lisbon Senior Center, Lisbon
Fri, Oct 3	10:00 – 11:00 AM	MOBILE FOOD PANTRY, Preston Senior Center, 42 Long Society Rd., Preston 
Mon, Oct 6	12:45 – 1:45 PM	Preston Senior Center, Preston
Tue, Oct 7	11:30 AM – 12:30 PM	Lebanon Senior Center, Lebanon
Tue, Oct 7	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, Oct 8	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Montville Town Hall
Wed, Oct 8	4:00 – 5:00 PM	MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich 
Fri, Oct 10	10:30 – 11:30 AM	Bozrah Senior Center, Bozrah
Tue, Oct 14	10:30 – 11:30 AM	Salem Senior Center at Gardner Lake Firehouse
Tue, Oct 14	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, Oct 15	10:30 AM – 1:00 PM	St Vincent DePaul Place, 120 Cliff St., Norwich
Wed, Oct 15	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Montville Community Center 
Thu, Oct 16	4:00 – 5:00 PM	MOBILE FOOD PANTRY at Griswold Public Works, 1148 Voluntown Rd. Griswold
Tue, Oct 21	10:30 – 11:30 AM	Franklin Senior Center, Franklin
Tue, Oct 21	12:30 – 1:30 PM	St. Jude Commons, Norwich
Tue, Oct 21	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, Oct 22	1:00 – 2:00 PM	MOBILE FOOD PANTRY at Dodd Stadium, Norwich 
Wed, Oct 22	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Tue, Oct 28	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, Oct 29	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Montville Town Hall
Thu, Oct 30	12:00 – 1:00 PM	Sprague Senior Center, Sprague

We offer the following services at all our events: blood pressure screenings, flu vaccination, smoking cessation info, harm reduction services, syringe services, STI prevention, blood glucose testing, health education.



**EARLY  
DETECTION  
SAVES  
LIVES.**



**Connecticut  
Breast and Cervical Cancer  
Early Detection  
Program**

Do you have NO health insurance or does your insurance have a deductible over \$1000?  
Is your income limited?  
You may be eligible for FREE screenings!

Contact Uncas Health District to see if you are eligible.



UNCASHD.org

Contact Constance M. Capacchione, M.S., M.P.H at 860-823-1189 ext. 122 or email [c-capacchione@uncashd.org](mailto:c-capacchione@uncashd.org)

Programs are supported by funds made available from the State of CT and the Centers of Disease Control and Prevention (CDC)  
DP22-2202 and DP23-0003



[portal.ct.gov/dph/ced](http://portal.ct.gov/dph/ced)

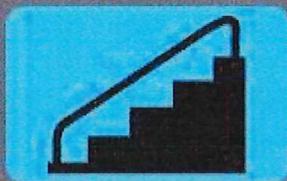
You can't prevent this kind of FALL,  
But you can prevent this kind!



# How to Prevent Falls

30% of falls can be prevented. Here's how:

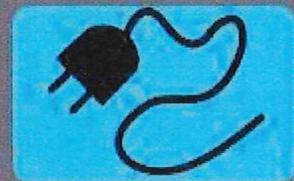
Make Your Home a Safer Place:



Install handrails  
on staircases



Pick up clothes



Clear away loose cords



Use non-slip  
mats in shower



Add more lighting



Declutter Kitchen

Stay Healthy:



Check prescription  
side effects



Get regular  
vision checks



Exercise regularly



Wear shoes with traction



Improve your diet

# Do you want to reduce falls and improve your Balance?



Please join us for the next **Tai Ji Quan: Moving for Better Balance®** session!

First class-October 6, 2025

Mondays and Thursdays

Time: 8:45 to 9:45 a.m.

Location: Zoom/in-person

Cost: **FREE**

**Must be 60+ years old**

Contact: Connie Capacchione

**Uncas Health District**

860-639-5138



## FLU SEASON AHEAD!



**FREE\***  
**FLU SHOTS**  
on the  
Uncas Health District  
**MOBILE HEALTH VAN**  
during food pantry events  
(while supplies last)

- Regular dose
- High dose
- Egg-free vaccine available

\*Free vaccine courtesy of the  
Edward and Mary Lord Foundation



Come see Nurses Emily and Mary on the van for your free flu shot.



# Healthy Tricks for Better Health

1. AET RUYO ELEGBASTEV \_\_\_\_\_
2. ELTAHYH SACKNS \_\_\_\_\_
3. XIEESCE MROE \_\_\_\_\_
4. IKDNR TARWE \_\_\_\_\_
5. AET AKSBRTAEF \_\_\_\_\_
6. GODO LEESP HIBATS \_\_\_\_\_
7. RSSTSE NIROTDECU \_\_\_\_\_
8. ALMCEID KECHC SPU \_\_\_\_\_



### Word Bank

Drink Water

Eat Your Vegetables

Medical check ups

Stress reduction

Eat breakfast

Exercise more

Good sleep habits

Healthy snacks



# Healthy Treats for Better Health

Berries

D L B U B M B O T X S N P J K S L Q F O F W G Y  
G C I X F L X N N H U H D R L J R R I A E W P S

Dark Chocolate

T F Z Z Z M K Q D T U F E J K U E N F V Q V G A  
B R C K L K O I B U R U W E P S W K C B B S W U

Fresh Fruit

K O O K D H V U D N S I Z D H R T Z A Q G D V W  
L S T L C F T F J N T D D F P W E X G P U U J J

Fruit smoothie

O J T V G T F V I J J D R E L D O F Z N J Q X Z  
W R A G E L Y S G T R U G O Y T A F W O L H I H

Hummus

F O G R M R I P J V I V H P O A X Q F A H P I U  
A S E S C A U T Y T M E A O O A V W M X R A H H

Low-fat cheese

T U C M R H Z N R A L G V P H I V J E Y O E Q G  
C M H M R I J A Q D U G I C O J M P H R C I P C

Low-fat Yogurt

H M E G L H Z B H L I I W O D Q E J J R B H I I  
E U E H D X Q Z A M M E V R Z E O Q V C W T V M

Nut butter

E H S A S I F J H N R S L N P H J J A I D O D E  
S I E U X M D U V M A A P U V J Y Z W Q W O Q M

Nuts

E T B H Z L L P H Q N N A N U T S O F Y Q M H P  
A M G I R I R J R L X D A L H L O B R F E S I X

Popcorn

D L X X D A O V S X H D R S V N E M A Q H T R B  
I O E U A R O M R Y E I K U B R S R X O K I J O

Raisins

E Y V Q I T A D P H W P Z Y R Y X H B O B U L Q  
E T A L O C O H C K R A D I Z G K O U H D R C D

Trail mix

W L B S I I V L W S Y W E C O K N Y L U R F G E  
J B K E L S V G U I J S X N R L S I K S E B S U

Veggies and dip