Injury Prevention Starts ....

Monday- At Home: **Injury Prevention In The Home:** Join us in taking action to prevent injuries in the home for you and your family by assessing your home for potential hazards. Install and maintain smoke alarms, establish an evacuation plan, have an emergency to go-kit and program emergency numbers. Supervise young children near cooking surfaces, and secure all cover outlets and medicine cabinets.

Tuesday- At Work: **Sutter Wellness, Brown Bag Lunch Series:** Relaxing The Ties That Bind: Learning to Recognize and Release Stress. Dr. Siller will be presenting at the Health Department from 12-1pm. Reservations are required.

Wednesday- At Play: **Family Fun Night at the Park:** Wednesday, April 6th from 5:30-7p.m. at Regency Park. Join us for an evening of interactive family fun! Wear comfy clothes, and be ready to move!

Thursday- On The Move: **Child Car Seat Safety Check:** Thursday, April 7th from 3-5 p.m. at the Sutter County Health Department parking lot. Be sure your child's car seat is safe and installed correctly. The event will also feature seat belt, water & boating safety, and more!

Friday- In The Community: **Community Walk/Ride:** Friday, April 8th at 5:30 p.m. at the Sutter Bike Path (starting at the trail end point of Hooper Road). Bring your bike, or just walk with us on the hidden gem of Sutter County. The trail is 4.65 miles (9.3 miles round trip).

Join the Sutter County Health Division during National Public Health Week in creating healthier and safer lives by taking steps to prevent violence and injury before they happen. For more information about a specific event call Health Education at 530-822-7215 or visit [www.suttercounty.org/publichealth](http://www.suttercounty.org/publichealth).