



COUNTY ADMINISTRATOR'S OFFICE

## FOR IMMEDIATE RELEASE

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News Contact:

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## Solano County celebrates National Public Health Week

SOLANO COUNTY – The Department of Health & Social Services, Public Health Division joins the American Public Health Association and communities around the country to recognize National Public Health Week, April 6 – 12, 2015.

This year's theme, "Healthiest Nation 2030," continues the American Public Health Association's broad vision to make America the healthiest nation in one generation.

"National Public health Week is a perfect time for all of us to take steps toward better health," said Solano County Deputy Director and Health Officer Bela Matyas, MD, MPH. "Take a walk during your lunch-break or after dinner, take the stairs instead of the elevator, walk to your local store or catch-up with a friend by taking a walk together."

During the month of April, Solano Public Health has planned a number of free activities to increase awareness of public health services and promote Solano Public Health's Vision, Healthy People—Healthy Community, including:

### Second Annual Healthy Solano Health Fair

The Healthy Solano Fair is Thursday, April 9 from 11:30 a.m. – 1:30 p.m. at 2101 Courage Dr. in Fairfield. The fair will have free activities for families, children and Solano County employees, including a bicycle rodeo, physical fitness classes, healthy snacks and much more. The event will highlight health services, chronic disease prevention efforts and community based organizations addressing health issues.

### Free Child Safety Seat Demonstrations

The County will offer free child safety seat demonstrations, classes and inspections in English and in Spanish at the following dates, times and locations.

- 1) Friday, April 10 from 1 - 3 p.m. at 155 N. Second St., Dixon
- 2) Tuesday, April 14 from 10 a.m. - 12 p.m. at 275 Beck Ave., Fairfield
- 3) Thursday, April 23 from 10 a.m. - 12 p.m. at 365 Tuolumne St. WIC Program, Vallejo

### Raising of America Documentary

Solano Public Health and the First 5 Solano Children and Families Commission, Help Me Grow, and other community partners invite everyone to come and view the documentary "Raising of America," on Wednesday, April 29 from 3 - 5 p.m. at the Fairfield Downtown Theater, 1035 Texas Street, Fairfield.

The documentary explores the science of how our earliest environments shape our developing brains and aims to start a community dialogue about what we can do to give every child a good start in life to improve educational and health outcomes. To register for this free screening please call (707) 784-1492 or visit <https://eventbrite.com/event/16207894248/>. Refreshments will be provided.

Additionally, throughout the month of April, the Solano County Department of Public Health will offer free services to the public, including HIV and Hepatitis C Rapid testing, safety assemblies at local schools and education and cooking classes for WIC clients. Everyone is encouraged to attend these events.

For more information visit [www.solanocounty.com/publichealth](http://www.solanocounty.com/publichealth) or call (707) 784-8600 x1.

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