

# Three Rivers Health District Newsletter



## Healthy Resolutions

The beginning of a new year is a fresh start where many make resolutions with intentions of making lifestyle changes. Resolutions range over various topics but let's make 2025 a year to focus on bettering the health and well-beings' factors in our life. Below are a few health tips for reaching some goals and being a healthier version of ourselves.

- 1. Drink more water:** Adults are recommended to have a daily fluid intake of about 15 cups for average men and 11 cups for average women. Limit Coffee, carbonated sodas, and sugary drinks.
- 2. Make realistic changes to your eating habits:** Create a healthy eating habit that is easy to stick to and budget friendly for long term results.
- 3. Exercise:** Consistency is key. A 20-minute walk everyday can help prevent and manage many chronic diseases. A little can go a long way when done regularly.
- 4. Make a wellness or annual checkup with your physician:** Always start the year off with a wellness exam to get a jump start on your care and treatment. Don't forget about your vision and dental exams too!
- 5. Prioritize adequate sleep:** Most healthy adults need at least seven hours of sleep a night for optimal recovery. Prioritize healthy sleep habits!



## Cervical Cancer Awareness

January is Cervical Health Awareness month where many organizations are shining a light on prevention strategies through screening and vaccination of Human papillomavirus (HPV) and cervical cancer. Over 14,000 women in the United States get diagnosed with cervical cancer a year, but you can lower your risk by getting screened regularly starting at the age of 21. The HPV test and Pap test are screenings that detect early signs and prevent cervical cancer. HPV vaccine can also help protect against the growth of abnormal cells that most often cause cancer. A screening is still recommended even if a person is vaccinated. Every Woman's Life (EWL) is a program through VDH that offers cervical screenings for uninsured or low-income woman. For more information visit <https://www.vdh.virginia.gov/every-womans-life/>

## Clinic Schedule

### FAMILY PLANNING

- ESSEX - 1/9 AND 1/23
- GLOUCESTER - 1/16 AND 1/30
- KING & QUEEN - 1/7 AND 1/22
- KING WILLIAM - 1/7 AND 1/22
- LANCASTER - 1/15 AND 1/21
- MATHEWS - 1/28
- MIDDLESEX - 1/15 AND 1/28
- NORTHUMBERLAND - 1/14
- RICHMOND CO - 1/14
- WESTMORELAND - 1/8 AND 1/29

### IMMUNIZATION

- ESSEX - 1/6 AND 1/27
- GLOUCESTER - 1/3, 1/14, 1/24, AND 1/31
- KING & QUEEN - 1/22
- KING WILLIAM - 1/17 AND 1/22
- LANCASTER - 1/6 AND 1/28
- MATHEWS - 1/28
- MIDDLESEX - 1/28
- NORTHUMBERLAND - 1/14 AND 1/28
- RICHMOND CO - 1/14 AND 1/28
- WESTMORELAND - 1/13 AND 1/27

### WOMEN, INFANT AND CHILDREN (WIC)

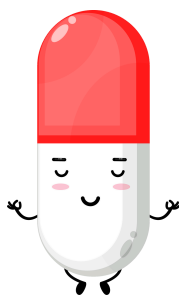
#### IN-PERSON CLINICS

- ESSEX - 1/3, 1/7, 1/10, 1/14, 1/17, 1/21, 1/24, 1/28, 1/31
- GLOUCESTER - 1/3, 1/6, 1/7, 1/10, 1/13, 1/14, 1/17, 1/21, 1/24, 1/27, 1/28, 1/31
- KING WILLIAM - 1/2, 1/9, 1/16, 1/23, 1/30
- LANCASTER - 1/8, 1/15, 1/22, 1/29
- MIDDLESEX - 1/2, 1/9, 1/16, 1/23, 1/30
- NORTHUMBERLAND - 1/6, 1/13, 1/27
- RICHMOND CO - 1/8, 1/15, 1/22, 1/29
- WESTMORELAND - 1/6, 1/7, 1/13, 1/14, 1/21, 1/27, 1/28

## National Pharmacist Day

January 12th presents the opportunity to celebrate National Pharmacist Day and honor the incredible work pharmacists provide in the community. In addition to the active involvement in all aspects of patient care, including in hospitals, pharmacies, and healthcare settings, pharmacists are integral to community health education and outreach. Pharmacists in the Three Rivers Health District have been critical to public health efforts, from providing COVID-19 vaccinations during drive-through clinics to dispensing prescription medications and providing information to patients about the drugs and their use. Pharmacists advise physicians and other healthcare workers on the selection, dosage, interactions, and side effects of medications to treat health problems.

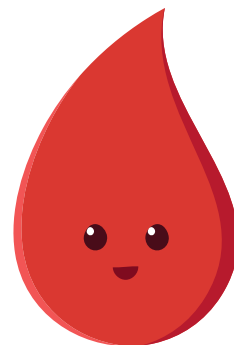
Thank you to all of our pharmacy partners!



## Safe a Life, Donate Blood!

Every two seconds in the United States someone is in need of blood. National Blood Donor month is recognized in January because winter months are very difficult to maintain a sufficient blood and platelet supply. Blood and platelet are essential for severe illness, surgeries, child birth, cancer treatment and so much more. Individuals who are at least 17 years old and weigh 100 pounds are eligible to donate. For more information on blood and platelet donations visit

<https://www.redcrossblood.org/>



## Come Work With Us!

Please join the Three Rivers Health District in working to make Virginia the healthiest state in the nation and to protect the environment of the Middle Peninsula and Northern Neck. To view jobs with the Three Rivers Health District & Virginia Department of Health, please see [Virginia Department of Health Jobs](#).



## Contact Us



Three Rivers Health District  
[www.vdh.virginia.gov/three-rivers/](http://www.vdh.virginia.gov/three-rivers/)

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<https://www.vdh.virginia.gov/three-rivers/health-departments/>