

# Three Rivers Health District Newsletter



## National Women’s Health Week

National Women’s Health Week is observed each year following Mother’s Day as a reminder for women to put their health first. It is a time to encourage women to take charge of their wellness and learn the steps they can take to live healthier lives.

This year’s theme focuses on empowering women throughout every stage of their health journey while bringing awareness to health concerns that uniquely affect women. We celebrate the strength, resilience, and determination of women who advocate for their well-being, while promoting a supportive environment where all women feel heard, respected, and confident speaking up about their health needs.

Ways to Improve Your Physical and Mental Health:

- Schedule regular checkups, including an annual well-woman exam. Talk openly with your healthcare provider about any concerns.
- Stay active through regular movement and exercise.
- Choose a healthy, balanced diet.
- Prioritize your mental health and develop healthy ways to manage stress.
- Practice healthy habits, knowing that everyday choices have a lasting impact on overall wellness.

Available Resources:

Every Woman’s Life (EWL) is a public health program that helps uninsured and low-income women access free breast and cervical cancer screenings. Early detection can save lives by improving treatment options and increasing survival rates.

In addition, Three Rivers’ nursing team offers education, counseling, and reproductive health services, including clinical assessments, cervical screenings, and birth control options. To schedule a family planning appointment, [please contact our office.](#)

## Hurricane Preparedness

This week is National Hurricane Preparedness Week (May 3-9, 2026). Hurricanes and tropical cyclones bring powerful winds, and heavy rainfall. They also have the potential for flooding and tornadoes. They can cause significant damage – even in areas faraway from Virginia’s coastline. For more information and safety tips, please see more information on [VDH’s website.](#)



## Clinic Schedule

### FAMILY PLANNING

- ESSEX – 5/15, 5/28
- GLOUCESTER – 5/7, 5/21
- KING & QUEEN – 5/19
- KING WILLIAM – 5/19
- LANCASTER – 5/12, 5/27
- MATHEWS – 5/13
- MIDDLESEX – 5/13
- NORTHUMBERLAND – 5/5
- RICHMOND CO – 5/5
- WESTMORELAND – 5/6, 5/20

### NURSING & IMMUNIZATION

- ESSEX – 5/5, 5/18
- GLOUCESTER – 5/4, 5/15, 5/22, 5/29
- KING & QUEEN – 5/19, 5/29
- KING WILLIAM – 5/6, 5/19
- LANCASTER – 5/5, 5/19
- MATHEWS – 5/4, 5/18
- MIDDLESEX – 5/13, 5/26
- NORTHUMBERLAND – 5/5, 5/19
- RICHMOND CO – 5/5, 5/19
- WESTMORELAND – 5/5, 5/18

### WOMEN, INFANT AND CHILDREN (WIC)

#### IN-PERSON CLINICS

- ESSEX – 5/4, 5/8, 5/12, 5/15, 5/19, 5/22, 5/26, 5/29
- GLOUCESTER – 5/1, 5/4, 5/8, 5/11, 5/12, 5/15, 5/18, 5/19, 5/22, 5/26, 5/29
- KING WILLIAM – 5/7, 5/14, 5/21, 5/28
- LANCASTER – 5/6, 5/13, 5/20, 5/27
- MATHEWS – 5/14, 5/28
- MIDDLESEX – 5/7, 5/21
- NORTHUMBERLAND – 5/4, 5/11
- RICHMOND CO – 5/6, 5/13, 5/20, 5/27
- WESTMORELAND – 5/4, 5/12, 5/19, 5/26

## Lyme Disease Awareness



Did you know that May is Lyme Disease Awareness Month? Lyme disease is a tick-borne illness caused by the bacteria *Borrelia burgdorferi* and is spread through the bite of infected ticks. As warmer weather brings more time outdoors, it's important to take simple steps to protect yourself and your family.

When spending time outside—especially in wooded, grassy, or brushy areas—use tick repellent, tuck pant legs into socks or boots, and tuck shirts into pants to help keep ticks off your skin and clothing. After being outdoors, do a thorough tick check and remove any ticks as soon as possible.

Don't forget about your pets, too. Dogs can bring ticks indoors and may also become ill from tick-borne diseases. Be sure to check pets after they've been outside and keep them up to date on veterinarian-recommended flea, tick, and mosquito prevention.

For more information about Lyme disease prevention and symptoms, visit the [VDH website](#).



## Stroke Awareness Month May is Stroke Awareness Month.

As stated by the CDC, stroke is a leading cause of death in the United States and is a major cause of serious disability for adults. It is also preventable and treatable. The signs of a stroke can include: Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body. Sudden confusion, trouble speaking, or difficulty understanding speech. Sudden trouble seeing in one or both eyes. Sudden trouble walking, dizziness, loss of balance, or lack of coordination. Sudden severe headache with no known cause. Call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important for preventing death and disability from stroke. You can help prevent stroke by making healthy choices and controlling any health conditions you may have.

## 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/)  
(804) 758-2381

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