Medina County
board of developmental disabilities

Self-Care Day is July 24th. Awareness of this day provides a focus and opportunity to increase mindfulness of healthy living self-care programs.

The Leadership Medina County Signature Class of 2023 and Living Well Medina County collaborated on an easy way to promote wellness project called "Know Your Numbers." This tool box was created to help create healthier communities by encouraging physical activity in your workplace and neighboring community. The information below is to equip individuals and employers with tools necessary to participate in self-care and wellness.

Know Your Numbers focuses on three main areas of health that include: ***Cholesterol, Blood Sugar and Blood Pressure.***

Access important and helpful information:
https://medinahealth.org/knowyournumbers/

To download the tool kit:
https://medinahealth.org/wp-content/uploads/Tri-Fold-1.pdf

Medina County Health Department Resources:
Health Center
Nicotine, Tobacco, and Vaping
Live Well Library

FREE CLINIC OF MEDINA COUNTY (330-764-9300)

-Pam Wheeler
MCBDD Health Services Coordinator

4691 Windfall Road, Medina, Ohio 44256
330-725-7751 • www.mcbdd.org