



*Advancing the Quality of Life
For Adults with Intellectual Disabilities since 1972*

Promoting Wellness

Immunizations:

- Hepatitis B Vaccine (the importance of dealing with Blood Borne Pathogen related diseases)
- Influenza Vaccine (why the vaccine can be beneficial, and can you get the flu from the vaccination)
- Shingles Vaccine (why the shingles vaccine is so important for anyone over the age of 50)
- Tetanus (when is a Tetanus Vaccine necessary and why)
- Pneumonia (why Pneumonia can be deadly to the young and elderly)

Nutrition:

- Healthy and Balance Dieting
- Minimal Sodium Intake
- Simple Substitutions
- Reducing Sugar Intake
- Signs and Symptoms of High/Low Blood Pressure and the importance of physical care and follow up

Presenter:

Amanda Johnson
Public Health Educator
Jackson Health Dept.



Location:

MHDS
38 Garland Drive
731-664-0855

Time:

October 4, 2018
Thursday
12:00-1:30