



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

July is Group B Strep Awareness Month
July 4th- Independence Day
July 18th- Diabetes class at CCHC 5pm
July 24th- CCHC Board Meeting 4-5pm



CAR SEAT
SAFETY
MATTERS

STAY TUNED FOR A NEW SERVICE OFFERED BY
CCHC AROUND SEPT. 2023

BACK TO SCHOOL

FAIR

AUGUST 4TH 9AM-12PM

- FREE PHYSICALS
- VACCINATIONS FOR SCHOOL
- CAR SEAT SAFETY CHECKS
- FREE HAIR CUTS
- AND MORE!

PLEASE VIEW OUR WEBSITE
BELOW TO BE DIRECTED TO OUR
COMMUNITY'S HEALTH
ASSESSMENT

<https://cartercountyhealth.org/wp-content/uploads/2022/10/Region-G-Health-Assessment-EF-2022.pdf>



OUR SERVICES

Women's wellness exams
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records



CARTER COUNTY

HEALTH CENTER

*HAVE YOU VISITED US
RECENTLY?*

*FILL OUT OUR
CUSTOMER
SATISFACTION
SURVEY BY COPY AND
PASTING THE
WEBSITE BELOW
INTO YOUR BROWSER*



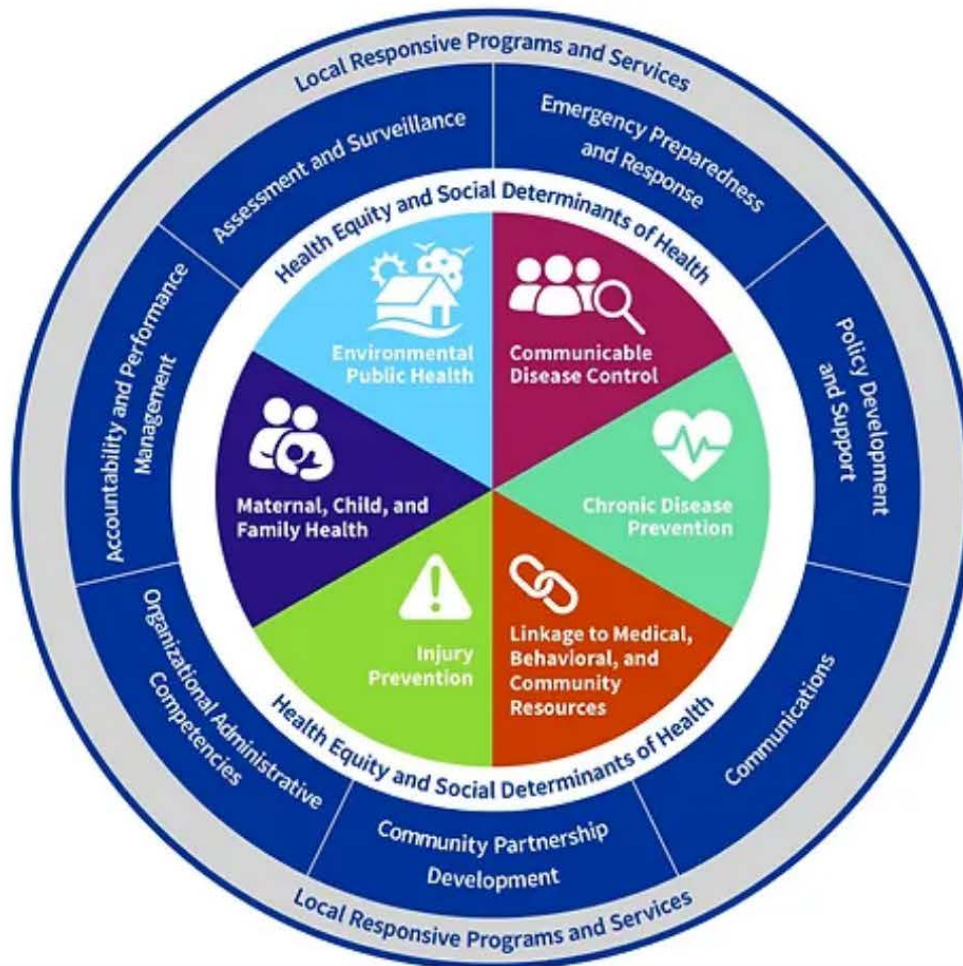
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CARTER COUNTY

HEALTH CENTER

WHAT IS PUBLIC HEALTH IN MISSOURI



MISSOURI'S FOUNDATIONAL PUBLIC HEALTH SERVICES (FPHS) MODEL

DESCRIBES A MINIMUM SET OF FUNDAMENTAL SERVICES AND CAPABILITIES THAT MUST BE AVAILABLE IN EVERY COMMUNITY IN ORDER TO ENSURE MISSOURI'S PUBLIC HEALTH SYSTEM DELIVERS EQUITABLE OPPORTUNITIES FOR GOOD HEALTH TO ALL MISSOURIANS. THE MODEL PROVIDES A CRITICAL AND CONSISTENT FRAMEWORK FOR PRACTICING PUBLIC HEALTH.

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



CARTER COUNTY
H E A L T H C E N T E R

WHAT IS PUBLIC HEALTH IN MISSOURI



CARTER COUNTY HEALTH CENTER HAS ADOPTED THE MISSOURI FOUNDATIONAL PUBLIC HEALTH SERVICES MODEL: THE RESULT WILL BE AN INCREASED ABILITY TO PRACTICE PERSON- AND COMMUNITY-CENTERED CARE, AND RESOURCES THAT HELP PEOPLE BREAK THROUGH BARRIERS TO REACH THEIR BEST STATE OF HEALTH. WHEN WE HAVE FUNCTIONING SYSTEMS, WE HAVE MORE ROOM TO OPERATE IN A WAY THAT HONORS THE DIGNITY AND VALUE OF EVERY PERSON.

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Recipe of the Month

Marinated Grilled Vegetable Kebabs

INGREDIENTS

¼ CUP EXTRA-VIRGIN OLIVE OIL
¼ CUP BALSAMIC VINEGAR
2 CLOVES GARLIC, MINCED
1 TABLESPOON ITALIAN SEASONING
1 TEASPOON SALT
½ TEASPOON GROUND PEPPER
16 CHERRY TOMATOES
12 MEDIUM MUSHROOMS
1 MEDIUM ZUCCHINI (8 OUNCES), CUT INTO
1/4-INCH SLICES
4 (1/2 INCH) SLICES RED ONION



DIRECTIONS

1. WHISK OIL, VINEGAR, GARLIC, ITALIAN SEASONING, SALT AND PEPPER IN A LARGE BOWL. ADD TOMATOES, MUSHROOMS, ZUCCHINI AND ONION SLICES AND TOSS WELL TO COAT. MARINATE IN THE REFRIGERATOR FOR AT LEAST 1 HOUR AND UP TO 4 HOURS.
2. PREHEAT GRILL TO MEDIUM.
3. REMOVE THE ONIONS FROM THE MARINADE AND CUT INTO QUARTERS. THREAD THE VEGETABLES ONTO EIGHT 8-INCH SKEWERS. GRILL, TURNING ONCE, UNTIL TENDER, 12 TO 15 MINUTES TOTAL. DRIZZLE WITH THE REMAINING MARINADE, IF DESIRED.