

# IN-STALL GAZETTE

*PRODUCED BY MILAM COUNTY PUBLIC HEALTH PREPAREDNESS OFFICE  
209 S. HOUSTON AVENUE, CAMERON, TEXAS 76520 (254)-697-7092*



## EAT WISE AND DROP A SIZE

It's the beginning of a new year and everyone is searching for that perfect diet. Let the Milam County Health Department and Milam County Extension office help you!! Join us in the Step Up & Scale Down program. This program is a 12 week educational program based on the USDA 2010 Dietary Guidelines which is intended to help Americans choose a healthful eating plan within their calorie requirements to achieve and maintain a healthy weight. The dietary guidelines provide sound scientific information about how proper dietary habits can promote health and reduce risk for major chronic diseases. Contact the local Health Department or Extension Office if you would like to join or have any questions.

### IMMTRAC

ImmTrac is the Texas immunization registry, a free service of the Texas Department of State Health Services. It is a safe way to electronically keep your immunization records in one place. Only authorized ImmTrac users like doctors, nurses, and schools are allowed to access your immunization history. You can contact ImmTrac to request a copy of your immunization record. If you would like to know more about this amazing program please contact Maribel Gonzales at the Milam County Health Department.

### IMPORTANT NUMBERS

Milam County Health Department  
(254)-697-7039

Public Health Preparedness  
(254)-697-7092

Milam County Emergency Mgmt  
(254)-697-7060

Extension Agent  
(254)-697-7045

### HELPFUL WEBSITES:

[www.ready.gov](http://www.ready.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.milamhealth.com](http://www.milamhealth.com)

### CLINIC HOURS

MONDAY & WEDNESDAY-CAMERON 8-5  
TUESDAY & THURSDAY – ROCKDALE 9-12 & 1-4:30

AN OPPORTUNITY TO CALL OUT AT AN INTERESTING POINT IN YOUR AUDIENCE  
PLUS SHOTS ARE STILL AVAILABLE AT THE  
MILAM COUNTY HEALTH DEPARTMENT