

Health District Happenings

Boo! October is Breast Cancer Awareness Month

The annual campaign to bring awareness to this disease that affects so many has begun. Visit www.nationalbreastcancer.org for action steps on how you can help. The organization is also providing a free dense breast Q and A guide for any woman who requests it.

Name Games

In 2018 in Seneca County there were 256 girls born and 231 boys. The most popular name for girls was *Harper* while it was *Lincoln* for boys. What will it be for 2019? And remember, certified birth certificates are available for any person born in the State of Ohio. The fee is \$25 per copy.

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Health-o-ween

- * Get your flu shot and stay healthy! Walk-in flu clinics will be offered from 10:30 am– 2:30 pm on Oct. 24th and 31st. Or call 419-447-3691 ext 333 to schedule appointment.
- * Visit local Farmers Markets for the benefits of fresh produce for your fall recipes like the easy baked apple chips shared below.

Baked Apple Chips



1. Rinse 2 large apples and cut into thin slices. Cut out the core with a cookie cutter. (*The thinner you cut, the crunchier they will be*)
2. Arrange apple slices in a single layer on parchment lined baking sheets. Sprinkle lightly with cinnamon sugar.
3. Bake in a 200° oven for about 1 hour. Flip apples slices over and bake for 1 more hour or until apples are dry and crisp.
4. Remove from oven and cool. May store in air tight container for up to 3 days.

-From Nutrition Matters, Farmers' Market; local, fresh, and in season

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