



# National Public Health Week

NPHW @ 25: Looking Back, Moving Forward.

**April 6-12, 2020**

As the COVID-19 pandemic continues, the **work of public health never stops**. Join **Seaside Health Plan** as we celebrate **National Public Health Week**! Each topic will talk about how you can support yourself, your family and your community during this time. Let's all work together to stop the spread of this virus.

*Topics for this week will include:*



## Mental Health

*Anxiety and Emotional Health*  
**Monday, April 6<sup>th</sup>**



## Education

*Support for Distance Learning*  
**Friday, April 10<sup>th</sup>**



## Maternal and Child Health

*New Baby & COVID-19*  
*Positive Parenting & COVID-19*  
**Tuesday, April 7<sup>th</sup>**



## Healthy Housing

*Protect Your Home from Unsafe Conditions*  
**Saturday, April 11<sup>th</sup>**



## Violence Prevention

*Reduce Personal and Community Violence to Improve Health*  
**Wednesday, April 8<sup>th</sup>**



## Economics

*Raise Your Voice for a Healthy Future*  
**Sunday, April 12<sup>th</sup>**



## Environmental Health

*Continue to Help Our Planet*  
**Thursday, April 9<sup>th</sup>**