

# Sherburne County Health and Human Services

## Health Promotion Resources



**Public Health**  
Prevent. Promote. Protect.

### **Items available to check out:**

- Dura wheel- measure walking path/trail lengths
  - Electronic Blood Pressure Monitor
- Fatal Vision Goggles- For alcohol awareness
  - Body Fat Analyzer
  - Sugar/Fat Content in Food
    - Fat vs. Muscle
  - Breast Feeding Resources
    - Hand washing
    - Memory Game
  - Breast Self-Exam Model
    - Fruit game BINGO
    - Activity BINGO
- piCO Meter- measures CO in the body
- CATCH Early Childhood Activity Box

### **Presentations available on:**

- Freedom from Smoking (7 week training)
- Public Health Emergency Preparedness
  - Alcohol and other Drug Prevention
    - Child Passenger Safety
    - Worksite Wellness

Other topics available upon request

For reservations contact Stacy Sauer  
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