

Dear MVDC Families,

February is American Heart Month, a time when everyone, especially women, is encouraged to focus on their cardiovascular health. This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSP) is encouraging women to listen to their hearts and speak up for their health. **Please click [HERE](#) for lots of great resources regarding heart disease.**



Viral Respiratory Season Has Arrived in the Miami Valley

It's wintertime and, as expected, respiratory viruses like flu, RSV, and COVID-19 are spreading in our community. These viruses have the potential to cause serious illnesses in many people. Protect yourself and your loved ones this respiratory virus season. Go to the Public Health Dayton & Montgomery County [website](#) for information about their Immunization Clinic or call 937-225-4550 to schedule a vaccination appointment. Their website includes recommended immunizations for children from birth through 6 years of age, as well as children ages 7-18 years and adults.



The U.S. Surgeon General and the Environmental Protection Agency (EPA) urge all Americans to protect their health by testing their homes for radon.

Radon is a natural radioactive gas that you can't see, smell, or taste but could be present at a dangerous level in your home. As the second leading cause of lung cancer deaths in the U.S., radon claims more than 20,000 lives annually. **Click [HERE](#) to learn more about testing your home, including how to obtain an easy-to-use test kit.**

If you know of any families interested in enrolling their child in Head Start or Early Head Start, please have them call us at 937-2ENROLL or refer them to www.mvcdc.org. Click [HERE](#) for enrollment information.

UPCOMING EVENTS

**Kings Highway
Parent Attendance Recognition**

February 15 7:30-9:30 am

3805 Kings Highway, Dayton

MVDC is still looking for DIFFERENCE MAKERS! If you or someone you know is looking for a career working with children and families, consider joining our team. A complete listing of [open positions](#) is available on our website at www.mvcdc.org.

Have a great weekend!

Gratefully,

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