

BETter Living ...

Bernadette Trieb

Family and Consumer Sciences Extension Agent

May 15, 2014

Our Lives. Our Health. Our Future.

The decisions you make today, truly effect your life tomorrow. The previous statement goes well with National Prevention Week's theme "Our Lives. Our Health. Our Future." May 18 – 24 is National Prevention Week. Through serving on Wabaunsee Resource Council, I work with community organizations to make Wabaunsee County the best place to live, work, and play.

We work together with the Regional Prevention Center to help educate the community about the decisions that each of us make. There are daily health themes for each of the days of the week. Sunday focuses on prevention and cessation of tobacco use. Monday promotes prevention of underage drinking. Prevention of prescription drug abuse and marijuana use is the focus for Tuesday. Wednesday encourages preventing alcohol abuse. Suicide prevention is the theme for Thursday. The week is rounded out with the promotion of mental health on Friday.

Help us promote National Prevention Week, May 18-24. For more information visit:

<http://beta.samhsa.gov/prevention-week>.