

Shannon Gray, *Community Health Coordinator*

**Employee Health and Wellness**

**Monthly Employee Health and Wellness Topic Flyer:**

Andrew designed and release an Immune System Health infographic as the Employee Health and Wellness topic for December. This infographic included a description on what your immune system is, as well as, five helpful ways to improve your body's ability to fight off harmful viruses, bacteria, and other pathogens. These five helpful tips include eating well, reducing stress, sleep health, maintaining a healthy weight, and exercising. This infographic was shared with the City of Lowell employees as a part of the Employee Health and Wellness program. Andrew will be creating and launching these health topic infographics monthly for the remainder of his time with the department.

**Monthly Awareness Flyer:**

Andrew designed and release a National Influenza Vaccine Awareness Week flyer as the awareness theme for December. This flyer included a description of what the influenza vaccine is, statistics on individuals in the United States impacted by the flu, and the importance of why you need the vaccine. The flyer was shared with the City of Lowell employees as a part of the Employee Health and Wellness program. Andrew will be taking over the awareness flyers for the remainder of his time with the department.

**Community Health Coordinator Updates**

**Meet Our Staff LHD Newsletters:**

I have been working on newsletters for each of the 6 divisions found within the Lowell Health Department. These newsletters include information on the division, what they can do for the community, and the staff that work within the division. Each staff member will have a photo and bio blurb attached to allow the community to put a face to a name and also get to know our staff a little more! The Substance Abuse and Prevention Division was launched for the month of December. This newsletter was shared through the Lowell Health Departments subscription list, through the Lowell Health Department, and on the City website.