RANTRE LEKÒL
SANTE AK BYENNÈT

Florida HEALTH

ASIRE W KE PITIT OU YO RETOUNEN NAN WOUTIN YO ANVAN LEKÒL LA KÒMANSE

KENBE TIMOUN YO FÒ ANDENDAN KOU DEYÒ

Anjeneral, bòn sante timoun ou ka favorize nan manje aliman ki nourisan, nan fè aktivite fizik regilyèman, ak nan kenbe bon abitid somèy.

Manje Yon Fason Ki Bon Pou Sante

Yon bon nitrisyon esansyèl pou timoun yo grandi ak devlope. Konsantre sou fwi, legim, ak pwoteyin. Mete limit nan sik, grès satire, ak manje transfòme yo.

Egzèsis Regilye

Ankouraje timoun ou pou li aktif sou plan fizik pandan 60 minit oswa plis chak jou, tankou jwèt aktif nan pak oswa espò òganize.

Dòmi Sifizaman

Somèy enpòtan menm jan tankou nitrisyon ak aktivite fizik enpòtan pou devlopman timoun ou yo. Somèy ki rekòmande selon laj:

3-5 ane	6-12 ane	13-18 ane
10 -13 ÈDTAN	9 -12 ÈDTAN	8 -10 ÈDTAN

DEPATMAN SANTE KONTE YO SOUTNI KOMINOTE A

Kontakte founisè swen sante w oswa depatman sante lokal konte a konsènan sante ak byennèt pou rantre lekòl la pou prepare timoun ou yo pou yon ane lekòl ki gen siksè, andedan kou deyò. Depatman sante konte yo bay sèvis pandan tout ane a, ki gen ladan:

- Tèks Byennèt
- Deteksyon Maladi
- Batistè

Pou prevwa nouvo ane lekòl la, depatman sante konte lokal ou a pral bay aktivite byennèt pou retounen nan lekòl la nan:

Naples: 3339 E. Tamiami Trail, Naples, 34112
Call 239-252-8207 for an appointment

Monday-Friday
8 a.m.-5 p.m.

Immokalee: 419 N. First Street, 34142
Call 239-252-7300 or walk-in based on availability

No Cost Immunization Services

For more information, please visit Collier.FloridaHealth.gov

Flyer Summary

Title: CREOLE DOH-Collier Back to School Health Flyer

Summary: Information on no cost immunization services and health tips.

URL: https://collier.floridahealth.gov/programs-and-services/clinical-and-nutrition-s

Company: Florida Department of Health in Collier County

Email: kristine.hollingsworth@flhealth.gov

These flyers are shared for informational purposes and do not represent District-sponsored or District-supervised events.
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The purpose of Community Flyers is to connect CCPS families with out-of-school-time community activities and opportunities.

COLLIER COUNTY PUBLIC SCHOOLS COMMUNITY FLYERS