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A MESSAGE FROM THE FLORIDA DEPT OF HEALTH IN NASSAU

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PUBLIC HEALTH WEEK 2018

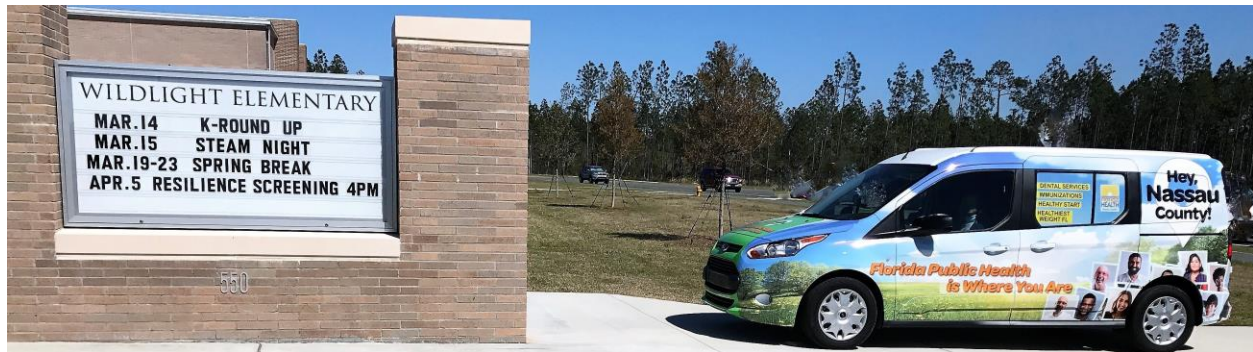
Everyone deserves to live a long and healthy life in a safe environment. To make this happen, we must tackle the causes of poor health and disease risk among individuals and within our communities. Where we live, work, worship and play impacts each of use and can determine our health and how long we live. In the workplace, let's partner across public and private sectors to make sure decisions are made with the public's health in mind. Within our communities, let's start new conversations with our neighbors and be advocates for positive change. Working together, we can build healthier communities and, eventually, the healthiest nation. But we need your help to get there.

To celebrate Public Health Week, the Florida Department of Health Nassau will host a viewing of the film "Resilience - the Biology of Stress & the Science of Hope" at 4pm Thursday, April 5th at Wildlight Elementary Cafeteria (550 Curiosity Ave, Yulee). The documentary is about Adverse Childhood Events (ACEs) and the impact on health - "the child may not remember but the body remembers". Light refreshments and information on local resources will be available at the free event. The public is invited and for more information, call the Health Department at 904.875.6100. "

Valerie Eldridge, Healthy Start Program Manager for Nassau DOH states, "Through the Nassau Infant Mortality Taskforce, local service providers are examining how ACEs affect maternal and infant health outcomes and are developing strategies to prevent and to intervene when ACEs occur. The first step to lowering the occurrence of ACEs and caring for those who have experienced them, is community awareness and education. Screening the documentary, Resilience, aligns with that goal."

RESILIENCE chronicles the birth of a new movement among pediatricians, therapists, educators and communities who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease. A reviewer wrote it "is a fascinating documentary that eloquently explains the health-care issues that confront us directly and indirectly on a daily basis. But more than that, RESILIENCE gives us the solution to this problem."

Interested community members can join us along with other community partners and view this documentary to initiate discussion on what we can do as a community to break the cycle. More information about this film can be found at <https://kpjrfilms.co/resilience/>



About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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