

DICKEY COUNTY PUBLIC HEALTH UPDATES

NOVEMBER 2025

HOURS:
Monday-Friday
8:00AM-
4:30PM

November Flu Office Clinics

 **Tuesday 11/4**
9AM-4PM

 **Friday 11/7**
9AM-4PM

 **Monday 11/10**
9AM-4PM

 **Monday 11/17**
9AM-4PM

 **Monday 11/24**
9AM-4PM

No appointment required!!

Important Dates:

11/11/2025:
Office Closed-
Veteran's Day

11/27/2025-
11/28/2025:
Office Closed
Thanksgiving
Holiday

Other Health Services

May Include:

- **Blood Pressure Checks**
- **Education** *Call ahead to schedule & for additional info!*
- **Foot Care Services**
- **Immunizations**

NDQuits

1-800-QUIT-NOW (1-800-784-8669)
hhs.nd.gov/ndquits

FREE Products & support to
QUIT nicotine & tobacco use.
(701-349-4348)



Mental Health Corner

As the seasons change and the holiday's approach, it's easy to feel overwhelmed. Try these simple tips to support your mental health this month:

- Practice Gratitude: Write down 3 things you're thankful for each day to shift focus from stress to positivity.
- Get some sunlight: Spend 10-15 minutes outside during daylight to boost energy.
- Stay connected: Reach out to family, friends, or neighbors. Social connections can improve your mood.



Contact Info

Website: Dickeycountyhealth.org

Phone: (701) 349-4348

Follow us on Facebook!



Dickey County Health District

Reminder!
Daylight Savings changes
November 2nd.

OPIOIDS

TAKE CARE, BE AWARE.



Look. Listen. Love.

BEHAVIORAL HEALTH
STARTS AT HOME

PARENTS LEAD



THANKSGIVING

SNACK MIX

Ingredients

- 3 Cups Bugles
- 3 Cups Caramel Corn
- 3 Cups Chex Cereal
- 3 Cups Kettle Corn
- 3 Cups Pretzels
- 1 Cup Dry Roasted Peanuts- unsalted
- 1 Cup Reese's Pieces
- 1 Cup Yogurt covered Raisins



Instructions

- Combine all ingredients in a large bowl

Nutrition

Serving: 1cup | Calories: 833kcal | Carbohydrates: 131g | Protein: 14g | Fat: 31g | Saturated Fat: 9g | Polyunsaturated Fat: 9g | Monounsaturated Fat: 10g | Trans Fat: 0.3g | Cholesterol: 6mg | Sodium: 762mg | Potassium: 417mg | Fiber: 9g | Sugar: 61g | Vitamin A: 18IU | Vitamin C: 0.3mg | Calcium: 105mg | Iron: 4mg

