

Quay County Health Council

Presentations Available From Contractors

Topics Available

- Overdose Prevention and Response - Includes Narcan
- Quay County Life Preserver Program
- ABC or QPR - Suicide Prevention Training
- Anxiety Busters
- Laughter for Health
- Preventing Falls
- Add Some Balance To Your Life
- Take a Deep Breath and Relax
- Essential Oils to Reduce Stress
- Journaling
- Protecting Your Respiratory Health
- Budget Bites - Low Cost Meal Tips
- Dangers of Vaping
- Reducing Nicotine Use



**Raise Your Health IQ by Scheduling
Presentation for Your Group Soon!**

575-815-4575