



What the Health!?

April 2023

April 3 - 7, 2023 is National Public Health Week

National Public Health Week is recognized during the first full week of April each year. This is a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health.

Check out our Facebook page @TiogaCountyPublicHealth to learn more about the work we do and the ways we help to improve the health of our community!

Do Your Part to Help Protect the Environment!

- Use environmentally friendly, non-toxic cleaning supplies
- Replace inefficient lightbulbs with energy efficient bulbs
- Car pool, ride your bike, drive electric or hybrid vehicles, or walk when possible
- Reduce paper use by doing online banking, using cloth towels instead of paper ones, and reading documents online
- Reduce waste by using reusable water bottles, travel mugs, and reusable bags
- Buy food from local farms or join a food co-op, and try to shop local when possible!
- Be mindful of unplugging electronics when not in use and turning off lights
- Recycle paper, plastic and glass

Tioga County Public Health

OPEN HOUSE

THURSDAY, APRIL 20, 2023 | 2:30PM - 5:30PM



Meet Our New Leadership Team And Learn About Public Health!



Health & Human Services Building
1062 State Route 38, Owego NY 13827



Earth Day is April 22!