

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Family Planning Walk-in Clinic 2-4:30pm No appt needed.</p>  <p><b>Public Health</b> Prevent. Promote. Protect.</p>	<p><b>4</b></p> <p>WIC EGF Office Foot Clinic Crox Golden Link 8:30am <b>**PUBLIC HEALTH SERVICE DAY**</b> Crookston PCPH 3:00-5:30pm</p>	<p><b>5</b></p> <p>WIC EGF Office Family Planning Clinic by appt only. Call 281-3385 to schedule.</p>	<p><b>6</b></p> <p>Foot Clinic McIntosh PCPH Ofc 9:00am Free Blood Pressure Screening Erskine Community Ctr 11:00-Noon Family Planning Walk-in Clinic 2-4:30pm No appt needed. <b>**PUBLIC HEALTH SERVICE DAY**</b> McIntosh PCPH 9:00-11:00am</p>	<p><b>7</b></p> <div style="border: 1px solid black; padding: 5px;"> <p>Crookston Farmer's Market &amp; One Vegetable One Community</p> <p>Cornstalk Jamboree Saturday, Oct 8 Downtown Square, Crox</p> </div>
<p><b>10</b></p> <p>Family Planning Clinic by appt only. Call 281-3385 to schedule. Family Planning Walk-in Clinic 2-4:30pm No appt needed.</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>KIDS AT CASTLE</b> Pizzazz a Pumpkin 5:30-7:00pm</p> </div>	<p><b>11</b></p> <p>WIC McIntosh Office Foot Clinic Crox Golden Link 8:30am <b>**PUBLIC HEALTH SERVICE DAY**</b> Crookston PCPH 3:00-5:30pm</p>	<p><b>12</b></p> <p>WIC McIntosh Office Foot Clinic EGF Senior Ctr 8:00am <b>**PUBLIC HEALTH SERVICE DAY**</b> EGF PCPH 3:00-4:30pm</p>	<p><b>13</b></p> <p>Free Blood Pressure Screening Fosston Embassy 10:30-11:30am Family Planning Walk-in Clinic 2-4:30pm No appt needed.</p>	<p><b>14</b></p> 
<p><b>17</b></p> <p>Family Planning Walk-in Clinic 2-4:30pm No appt needed.</p>	<p><b>18</b></p> <p>WIC Crookston Office Foot Clinic EGF Senior Ctr 8:00am <b>**PUBLIC HEALTH SERVICE DAY**</b> Crookston PCPH 3:00-5:30pm</p>	<p><b>19</b></p> <p>WIC Crookston Office Free Blood Pressure Screening Crox Care &amp; Share 11:30-12:30pm Family Planning Clinic by appt only. Call 281-3385 to schedule.</p>	<p><b>20</b></p> <p>WIC Crookston Office Foot Clinic McIntosh PCPH Ofc 9:00am Free Blood Pressure Screening Crox Golden Link 11:30-12:30pm Family Planning Walk-in Clinic 2-4:30pm No appt needed. Mama's Milk Connection Crox WIC 7pm <b>**PUBLIC HEALTH SERVICE DAY**</b> McIntosh PCPH 9:00-11:00am</p>	<p><b>21</b></p>
<p><b>24</b></p> <p>Family Planning Walk-in Clinic 2-4:30pm No appt needed.</p>	<p><b>25</b></p> <p>WIC Crookston Office Foot Clinic Crox Golden Link 8:30am <b>**PUBLIC HEALTH SERVICE DAY**</b> Crookston PCPH 3:00-5:30pm</p>	<p><b>26</b></p> <p>WIC Crookston Office <b>**PUBLIC HEALTH SERVICE DAY**</b> EGF PCPH 3:00-4:30pm</p>	<p><b>27</b></p> <p>WIC Crookston Office Family Planning Walk-in Clinic 2-4:30pm No appt needed. Car Seat Check-up Brost Chevrolet Crox 4:30-6:00 Call 281-9100 for info.</p>	<p><b>28</b></p> 
<p><b>31</b></p> <p>Family Planning Walk-in Clinic 2-4:30pm No appt needed.</p> 	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>CDC Says <b>"Take 3"</b> <b>Actions</b> To Fight The Flu</p> </div>	<div style="border: 1px solid black; padding: 10px;"> <p><b>#1 Vaccinate</b> Everyone 6 months and older should get a flu vaccination. It's your best protection.</p> </div>	<div style="border: 1px solid black; padding: 10px;"> <p><b>#2 STOP GERMS</b> Wash your hands, cover your nose &amp; mouth when you cough or sneeze, and stay home if you're sick.</p> </div>	<div style="border: 1px solid black; padding: 10px;"> <p><b>#3 ANTIVIRAL DRUGS</b> When taken early, antiviral drugs can shorten your illness and make it milder.</p> </div>