



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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SEPTEMBER 2025

Community Garden Box Project

Thanks for a Fresh and Flavorful Season, Cavalier County!

Our community garden boxes have once again filled the county with fresh, free produce, and it wouldn't have been possible without the power of partnership and community spirit. With incredible support from ND DHHS, Langdon and Munich School students and staff, NDSU Extension, and the dedication of local individuals, businesses, and organizations who cared for the garden boxes all season long, this project truly flourished.

A heartfelt **thank you** to everyone who watered, weeded, harvested, and helped these gardens thrive. Together, you planted more than seeds—you grew health, connection, and community pride.



New CCHD Programs to Keep Your Little Ones Safe!

Cavalier County Health District is excited to share the following services to support families and protect our youngest residents:



Cribs for Kids Program

Every baby deserves a safe place to sleep. Through Cribs for Kids, eligible families such as those who are unable to afford a separate, safe space for their baby to sleep can receive a free portable crib and safe sleep education to help reduce the risk of SIDS.



Car Seat Distribution Program

Properly installed car seats save lives. We now offer free or low-cost car seats to eligible families—including those enrolled in Medicaid, WIC, TANF, Healthy Steps, or without insurance—along with personalized education to help ensure every child travels safely.



Health Tracks (Well-Child Exam)

Health Tracks offers free preventive health screenings, education, and resources for Medicaid-eligible children from birth to age 21. Services may include physicals, vision and hearing checks, developmental and behavioral screenings, dental checks with fluoride varnish, immunizations, and health education for both parents and teens.

Now scheduling directly through CCHD!

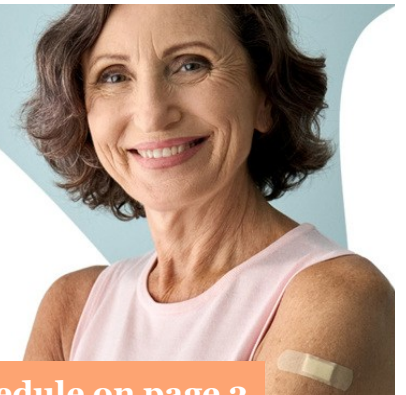
Call us at **(701) 256-2402** to learn more, check eligibility, or set up an appointment.

HAVE YOU HAD YOUR
PNEUMONIA SHOT?



Pneumococcal
Vaccine Now
for Age 50⁺

See clinic schedule on page 3



EVERY SEASON IS **SHINGLES** SEASON.

If you are 50+
protect yourself today and

GET VACCINATED



See clinic schedule
on page 3

FIGHT THE FLU!

TIPS FOR THIS INFLUENZA SEASON:

GET VACCINATED!

WASH YOUR HANDS!

COVER YOUR COUGH!



DON'T TOUCH YOUR FACE! STAY HOME IF SICK!



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FARMERS MARKET

MEDICATION TAKE-BACK EVENT

THURSDAY, SEPTEMBER 25TH

FROM 4 PM - 6 PM

ST. ALPHONSUS PARK



From farm-fresh veggies to safer homes, help us make a difference!
Drop off unused medications for safe disposal while enjoying the market.

Fall Vaccine Clinics

September 18	Munich Ambulance Center	9:00am—10:00am	
September 30	CCHD Office	8:00am—4:30pm	
October 1	Alsen Elevator	10:15am—11:15am	
October 2	Nekoma Pain Reliever	12:45pm—1:45pm	
October 3	CCHD Office	8:00am—4:30pm	
October 6	Sarles American Legion	9:00am—10:00am	
October 6	Wales Hall	11:00am—11:45am	
October 8	Cavalier County Senior Center	11:30am—12:30pm	
October 9	CCHD Office	8:00am—6:30pm	Open Late!!
October 10	CCHD Office	8:00am—4:30pm	
October 13	Osnabrock Fire Hall	11:00am—12:00pm	
October 14	CCHD Office	8:00am—4:30pm	
October 16	Munich Ambulance Center	9:00am—11:00am	
October 16	Hannah Café	11:45am—12:45pm	
October 17	CCHD Office	8:00am—4:30pm	
October 21	CCHD Office	7:00am—4:30pm	Open Early!!
October 23	Milton at CHS	10:00am—12:00pm	
October 24	Calvin Farmer's Union	9:00am—10:00am	
October 24	CCHD Office	8:00am—4:30pm	
October 27	CCHD Office	8:00am—4:30pm	
October 29	Munich Ambulance Center	11:30am—1:00pm	
November 4	CCHD Office	8:00am—6:30pm	Open Late!!
November 6	CCHD Office	8:00am—4:30pm	
November 10	CCHD Office	8:00am—4:30pm	
November 19	CCHD Office	8:00am—4:30pm	
November 20	Munich Ambulance Center	9:00am—10:00am	
November 25	CCHD Office	8:00am—4:30pm	

Curbside vaccination available upon request

Save time!
Fill out your forms
ahead at

tinyurl.com/VaccCCHD



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(701) 256-2402



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901 3rd St. Suite #11

Langdon, ND 58249

Phone: 701-256-2402

Fax: 701-256-5765



Our Mission...

Cavalier County Health District
is committed to promoting healthy
lifestyles, preventing disease and protecting the
environment.

Our Vision...

Healthy Choices
Healthy People
Healthy Community

cavaliercountyhealth.com

facebook.com/cavaliercountypublichealth/

instagram.com/cchd_langdon/

CCHD is back to normal business hours

Mon—Fri 8am—4:30pm

(Effective October 1st)



Stronger Together for Your Mental Wellness

Cavalier County Health District has teamed up with Towner and Rolette County Public Health Districts to bring you a powerful mental wellness resource:

Borderland.CredibleMind.com

This free, easy-to-use platform offers trusted tools to help you manage stress, build resilience, and boost your well-being—anytime, anywhere.



Upcoming Alcohol-Free Events

September

- **Farmers Market**
Every Thursday from 4-6pm
Located at St. A's park across from the courthouse.

October

- **North Dakota Museum of Art Exhibit, Bookings**
October 14th—22nd, 9am-4pm
Located at Cavalier County Courthouse

- **Community Band Rehearsals**
Mondays at 7pm starting October 6th
Located at LAHS band room

November

- **HS Band & Choir Fall Concert** November 6th at 7:30pm
- **HS Jazz & Pop Choir Concert** November 6th at 7:30pm



You are the #1 influence in your child's life



PARENTS LEAD.