

ATCPHD HEALTH CONNECTIONS

AT-HOME GARDENING

FRESH PRODUCE IN YOUR OWN HOME

With Spring fast approaching, consider starting an at-home garden!

An at-home garden can vary in size and shape to meet your needs and space. If you are new to gardening, start small with herbs on a window sill, and as your confidence grows, expand to other things! Green onions are a great beginner option because you can take the white leftover portion and plant it, and it will continue to grow. Herbs like rosemary and thyme are also good for beginners because they can grow in a window sill. What will you try to grow this spring?

**GARDENING
GUIDE AND
TIPS**



MERCY CLOSURE

*Due to water damage, our MERCY Health Care Center location will be closed until further notice. All MERCY appointments will take place at the main ATCPHD building:
850 N. 6th Street, Abilene TX, 79605*



PUBLIC HEALTH
CITY OF ABILENE TEXAS

PREPARE FOR STORM SEASON



Spring months can bring beautiful weather, but it can also be a very stormy time! Prepare in advance for thunderstorms.

When thunder roars, go indoors.



Pay attention to alerts and warnings.

Move from outdoors into a building or car.



Unplug appliances.



Scan Here to Learn More:

PRE-DIABETES

Do you think you are at risk of being diabetic?

You can calculate your risk of being considered prediabetic at this website: doihaveprediabetes.org, or download the pdf at abirebuildhealth.org. *Rebuild Health* also has many helpful links, tips, and tricks about how to eat healthier and move more!

Contact your doctor if you are concerned about results of your pre-diabetes risk test.



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