

Mid-Michigan District  
HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM

Mid-Michigan District Health Department  
BOARD OF HEALTH  
**Healthy Living Recommendation**

*February*

**Shingles can be prevented!**

If you've had chickenpox, you are at-risk for getting shingles. If you're over 50, talk to your doctor about getting vaccinated.

