**FOR IMMEDIATE RELEASE**

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**Health Department to mark Preparedness Month**

The Mid-Ohio Valley Health Department is set to mark September being National Preparedness Month with a series of classes available to the public.

“This year our theme is A Healthy Community is a Prepared Community,” said Malcolm Lanham, Community Health director. “The best thing you can do to be prepared for any emergency is to be healthy.”

Classes are scheduled for most Saturdays in September, with one class being held during the week.

An amateur radio class is scheduled for 8 a.m. to 3 p.m. Sept. 3. K5YI will hold the examinations for new licenses and upgrades. For new licenses, candidates must bring two sets of ID, including one with a photo. Tests will be $14 and calculators only are allowed. For upgrading a license, the holder must bring a photocopy of the license and the original. If there is a Certificate of Completion to be credited, a photocopy and the original must be brought in. Tests will be $14 and calculators only are allowed. For more information or to sign up, call Ken Harris (WA8LLM) at 304-481-3840 or email wa8llm@yahoo.com.

On Saturday, Sept. 17, two classes will be held at the main office at 211 Sixth St. The first is a Stop the Bleed class from 9 a.m. to noon, which will teach basic tourniquets. The second is a weather spotter class from 1-4 p.m., which will train participants in identifying and reporting severe weather. To register for the Stop the Bleed Class, call Amanda Lyons at 304-485-7374 ext. 175 or email her at amanda.l.lyons@wv.gov. To register for the weather spotter class, call Kristine Hamilton at 304.485-7374 ext. 181 or email her at Kristine.l.hamilton@wv.gov .

On Saturday, Sept. 24, a Step Up to a Healthy Life class will be held. The class will focus on the Health Department’s Community Health Initiative, teaching new healthy lifestyle skills for the community including nutrition, exercise and more. Seats are limited, and registration can be done at visit <https://tinyurl.com/2p9279u3> and select the date and number of seats needed.

On Wednesday, Sept. 28, a triage event will be held from 9 a.m. to 5 p.m. at the Judge Black Annex in the Fort Boreman room, 317 Market St., in Parkersburg. Lunch will be provided. To register, contact Hamilton.

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The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. It is located at 211 Sixth St. in Parkersburg. The offices are open 8 a.m. to 4 p.m. Call 304-485-7374 or visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and @MOVHealthDept on Instagram and Twitter.