

# Programs

The Montgomery Township Health Department strongly believes that prevention is the key to reducing the number of deaths, illnesses, and injuries in our communities. Prevention education is the backbone of our health education program. The Health Department offers free presentations and educational materials to the community on a variety of topics.

Topics include, but are not limited to:

- Alcohol, Medication, and Aging
- Breast Cancer Awareness and Prevention
- Community Engagement and Advocacy
- Emergency Preparedness and Planning
- Hand Washing
- Healthy Eating
- Healthy Heart
- Infection Control
- Online Health Information Research
- Sexually Transmitted Diseases
- Stress Management
- Tobacco

## Programs in Partnership with the Community and School District

- Healthy Kids
- [Parents Who Host, Lose the Most](#)
- Every 15 Minutes
- Kids on the Move
- Girls on the Run
- Project Adventure
- Mental Health First Aid
- In the Blink of an Eye: A Conversation about Stress, Anxiety, Drugs & Alcohol in our Community
- Parent Education Series
- Montgomery Night Out
- Parent Book Talk Series
- Community Faith Leaders Conversations

- Farm-2-Go