



# Florence County Health Department

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## NEWS RELEASE (Not Sent Out)

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### Keeping It Real

[Florence, WI] – The Florence County Health Department in correlation with Human Services and Extension Florence County are putting on the annual event Keeping It Real. This event will take place on March 19 at NWTC-Hillcrest Site. This event is open to any Florence County Middle School students and their parents/guardians. Keeping It Real will give them the opportunity to participate in a drug and alcohol awareness and prevention program on Thursday, March 19<sup>th</sup> from 12p.m.-3p.m.

Keeping It Real is designed to help students recognize the risks and consequences of drug and alcohol related activity and become prepared to act assertively in refusing offers to use drugs and alcohol. Speakers will share real-life stories of past decisions and the lifelong impact those choices have made in one's life. This is a free event and lunch is provided to all participants. Students attending with a parent or guardian will be entered into a drawing for an I-Pod Touch and other prize giveaways!

New to Keeping It Real this year, the health department will be setting up their teen bedroom. The teen bedroom is only for parents and it provides an insight into warning signs of drug or alcohol use in a teenager's bedroom. The bedroom includes different diversion techniques that teens use and a discussion on how they're used/hidden. Often times, parents may not know how to start a conversation about this topic. Let us start the conversation for you with your participation in this rewarding event. And, help students build upon the skills necessary and the reasons it is important to refuse drugs and alcohol.

For more information, contact the Florence County Sheriff's Office at 715-528-3346 or the Health Department at 715-528-4837, located in the Courthouse at 501 Lake Avenue or visit our website at <http://www.florencecountywi.com/>. The health department is located on the second floor, 501 Lake Avenue in the Florence County Courthouse, open Monday through Friday from 8:30a.m. - 4:00 p.m. closed for lunch from 12-12:30. Need health insurance? Visit [access.wi.gov](http://access.wi.gov) to see if you qualify for benefits.

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