

COMMUNITY WHERE HUBS ARE HEALTHY, CARING, LEARNING & GROWING

Hubs offer groups, programs, and activities for families with children ages 0 - 18. Come to your Hub and find ways to:



VISIT THE DOCTOR REGULARLY

Monitor your child's physical and emotional development to keep them healthy.

NURTURE YOUR CHILD

Strengthen your family by building positive relationships.

TALK, READ, AND SING DAILY

Read to your child every day to have a strong bond and build your child's brain.

WHERE IS YOUR HUB?

HUB 1

El Dorado Hills Library
7455 Silva Valley Prkwy.
El Dorado Hills, 95762
(916) 358-3500

HUB 2

Cameron Park Library
2500 Country Club Dr.
Cameron Park, 95682
(530) 621-5500

HUB 3

Placerville Library
345 Fair Ln.
Placerville, 95667
(530) 621-5540

HUB 4

Georgetown Library
6680 Orleans St.
Georgetown, 95634
(530) 333-4724

HUB 5

South Lake Tahoe Library
1000 Rufus Allen Blvd.
South Lake Tahoe, 96150
(530) 573-3185

VISIT YOUR
COMMUNITY HUB TO
LEARN MORE!

Community Hubs are a partnership between First 5 El Dorado, EDC Library, EDC Early Care and Education Planning Council, EDC Child Abuse Prevention Council, EDC Health and Human Services Agency's Maternal Child and Adolescent Health Program and Mental Health Services Act.

Updated October 2017

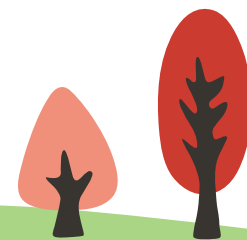
EL DORADO COMMUNITY



www.First5EIDorado.com
or find us on Facebook
[#](https://www.facebook.com/CommunityHub)



LET'S TALK ABOUT HEALTH



WHY IS PREVENTIVE HEALTH IMPORTANT?

Keeping you and your family healthy starts with regular checkups and monitoring physical and emotional development.

YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER

Your family's well-being is shaped by the healthy food choices, regular exercise, and care you provide. See a doctor regularly during pregnancy, keep all health appointments and make sure your family is safe at all times.

WHAT CAN I DO?

Starting at birth, schedule and attend regular well-child visits to find and prevent health problems. Make health a part of your daily routine by exercising, sharing healthy meal times and keeping your family safe. Don't forget about a healthy smile! Help keep teeth and gums healthy by visiting the dentist every six months, beginning at one year old or at the first tooth.



HOW ARE YOU?

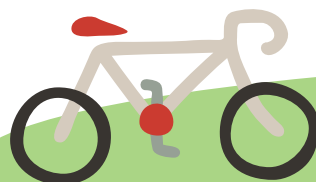
HOW DO I KNOW?

The American Academy of Pediatrics (AAP) has a schedule of well-child care visits available online at www.HealthyChildren.org. By using this schedule, you will know when to take your child to the doctor, what to expect at each visit, questions to ask the doctor, and learn about preventive health.

WHO CAN I TALK TO?

If you have challenges finding insurance, doctors, or guiding your family's health, a Community Health Advocate is available through your Hub to answer questions and work with you to strengthen your family's wellness. Your Hub team also has a Public Health Nurse to provide health assessments, discuss options and connect you with community resources.

Contact the Hub health staff by visiting your Hub or by calling **1-800-844-4491**.



HUB ACTIVITIES

Community Health Advocates:

- ★ Help you and your family find health insurance.
- ★ Offer connections to doctors and dentists.
- ★ Provide information and resources on health and wellness at the library and other community events.
- ★ Direct you and your family to FREE community resources.

Public Health Nurses:

- ★ Offer personal health education for you and your family.
- ★ Available for client advocacy and home visits.
- ★ Provide nursing assessments, interventions and developmental screening.

To learn more and find schedules of Hub activities, visit www.First5EIDorado.com/community_hubs