

May 2020 Health Observances

Mental Health Month*

<http://www.mentalhealthamerica.net/may> <https://nami.org/Support-Education/Mental-Health-Education>

Arthritis Awareness Month

www.arthritis.org

Better Hearing and Speech Month

www.entnet.org

Better Sleep Month

www.bettersleep.org

<https://www.drhamiltonstubbs.com/>

Healthy Vision Month

www.geteyesmart.org

Hepatitis Awareness Month

<https://www.cdc.gov/hepatitis/heppromoresources.htm>

High Blood Pressure Education Month

www.nhlbi.nih.gov

Liver Awareness Month

www.liverfoundation.org

Lupus Awareness Month

<https://www.lupus.org/lupus-awareness-month#>

Melanoma/Skin Cancer Detection and Prevention Month

www.spotskincancer.org

Older Americans Month

<https://acl.gov/oam/2020/older-americans-month-2020>

Osteoporosis Month

www.nof.org

Stroke Awareness Month

www.strokeassociation.org

May 6-12

Nurses Week

<https://www.nursingworld.org/education-events/national-nurses-week/history/>

Health & Wellness Ministry - Baptist General Convention of Virginia

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