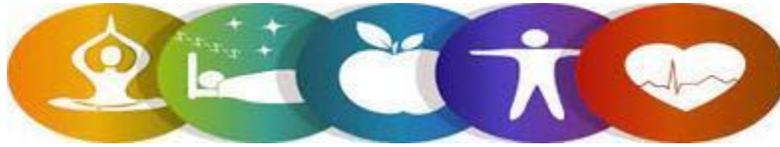


## BGCVA Health & Wellness



## May is Mental Health Awareness Month

### **NAMI Sharing Hope: Mental Wellness in the Black Community**

<https://nami.org/Support-Education/Mental-Health-Education/NAMI-Sharing-Hope-Mental-Wellness-in-the-Black-Community>

### **Mental Health America**

<https://www.mhanational.org/mental-health-month>

### **National Alliance on Mental Illness**

<https://nami.org/Support-Education/Mental-Health-Education>

### **Mental Health First Aid Newsletter**

[https://pages.thenationalcouncil.org/index.php/email/emailWebview?md\\_id=12141](https://pages.thenationalcouncil.org/index.php/email/emailWebview?md_id=12141)

### **Arthritis Awareness Month**

[www.arthritis.org](http://www.arthritis.org)

### **Better Hearing and Speech Month**

[www.entnet.org](http://www.entnet.org)

### **Better Sleep Month**

[www.bettersleep.org](http://www.bettersleep.org)

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

### **Healthy Vision Month**

[www.geteyesmart.org](http://www.geteyesmart.org)

### **Hepatitis Awareness Month**

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

### **High Blood Pressure Education Month**

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### **Lupus Awareness Month**

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

**Melanoma/Skin Cancer Detection and Prevention Month**

[www.spotskincancer.org](http://www.spotskincancer.org)

**Older Americans Month**

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

**Osteoporosis Month**

[www.nof.org](http://www.nof.org)

**Stroke Awareness Month**

[www.strokeassociation.org](http://www.strokeassociation.org)

**May 6-12      Nurses Week**

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

**BGCVA Health & Wellness Ministry**

**Baptist General Convention of Virginia**

**Rev. Dr. J. Elisha Burke, Director – 804.228.2421**

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