

National Health Observances, 2014

May

Arthritis Awareness Month

Arthritis is America's leading cause of disability. Learn how to manage your symptoms and potentially prevent or slow the progression of it.

Arthritis Foundation | 800.283.7800

arthritis.org

Melanoma / Skin Cancer Detection and Prevention Month

When caught early, skin cancer has a 98% cure rate. Don't ignore the signs.

American Academy of Dermatology | 888.462.3376

spotskincancer.org

Stroke Awareness Month

Stroke strikes every 40 seconds, with up to 80 percent of all strokes being preventable.

National Stroke Association | 888.478.7653

stroke.org

Healthy Vision Month

Early detection and treatment of eye diseases are crucial to preserving sight.

National Eye Institute | 301.496.5248

nei.nih.gov

National Asthma and Allergy Awareness Month

Asthma affects more than 25 million Americans, and an estimated 50 million Americans suffer from all types of allergies.

Asthma and Allergy Foundation of America | 800.727.8462

aafa.org

National Blood Pressure Education Month

High blood pressure can lead to coronary heart disease, stroke and other health problems. Help increase awareness about the prevention and treatment of this life-threatening condition.

National Heart, Lung and Blood Institute | 301.592.8573

nhlbi.nih.gov

Mental Health Month

Mental health is at risk daily and we are all affected by it. Services and resources need to be available in order to help combat this disease.

Mental Health America | 800.969.6642

mentalhealthamerica.net

Osteoporosis Awareness and Prevention Month

One in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. Learn what you can do to protect your bones.

National Osteoporosis Foundation | 800.231.4222

nof.org

Employee Health and Fitness Month

Inspire employees to be physically active on a regular basis. Get moving!!

National Association for Health and Fitness | 518.456.1058

physicalfitness.org

Better Sleep Month

Sleep is just as important as diet and exercise. In general, most healthy adults need seven to nine hours of sleep a night. Sweet dreams.

National Sleep Foundation | 703.243.1697

sleepfoundation.org

National Women's Health Week (May 11th – 17th)

Help improve the health of women and girls through education... arm them with healthy living tips!

Office of Women's Health | 800.994.9662

womenshealth.gov



National Run a Mile days
May 2nd - 12th