



National Health Observances



JUVENILE ARTHRITIS A W A R E N E S S



Juvenile Arthritis Awareness Month

Juvenile Arthritis, also known as pediatric rheumatic disease, is an umbrella term used to describe the many autoimmune and inflammatory conditions that can develop in children ages 16 and younger.

Arthritis National Research Foundation | 800.588.2873 | CureArthritis.org

International Group B Strep Awareness Month

Group B streptococcus is a common type of bacteria that can cause infection. Usually Group B Strep is not serious for adults, but can be very harmful for newborns. Consult your physician if you are planning on having a baby or currently pregnant.

Group B Strep International | 909.620.7214 | GroupBStrepInternational.org

Park & Recreation Month

Explore the Cleveland Metroparks 18 reservations, 8 golf courses, 8 lakefront parks and a nationally acclaimed zoo. Park and Recreation Month is the perfect time to get out and explore!

Cleveland Metroparks | ClevelandMetroparks.com

Minority Mental Health Awareness Month

July was designated as Minority Mental Health Awareness Month in 2008 to bring awareness to the unique struggles that underrepresented groups face in regard to mental illness in the United States.

National Alliance on Mental Illness | 800-950-6264 | NAMI.org

Cleft & Craniofacial Awareness and Prevention Month

Cleft and craniofacial conditions affect thousands in the US each year. Some are born with congenital anomalies like cleft lip and palate, others with more complex, life-threatening craniofacial conditions.

Alliance of NCCAPM | 888.486.1209 | nccapm.org

Social Wellness Month

Social wellness means nurturing yourself and your relationships and refers to the ability to interact with people around you. Social wellness is an important aspect of good mental health and can be just as effective as exercise for improving your mood and quality of life.

Center for Spirituality & Healing | TakingCharge.csh.umn.edu



U.V. Safety Month

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Learn about everyday steps you can take to safeguard your skin from the harmful effects of the sun.

American Cancer Society | 800.227.2345 | Cancer.org

World Hepatitis Day - July 28th

An estimated 325 million people worldwide are living with chronic hepatitis B or chronic hepatitis C. Viral hepatitis caused 1.34 million deaths in 2015, a number comparable to deaths caused by tuberculosis and HIV combined.

Centers for Disease Control and Prevention | 800.232.4636 | CDC.gov

National Heatstroke Prevention Day - July 31st

Heatstroke treatment centers on cooling your body to a normal temperature to prevent or reduce damage to your brain and vital organs. If you have signs or symptoms of heatstroke, seek emergency medical help.

Mayo Foundation | MayoClinic.org



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