



National Health Observances

Juvenile Arthritis Awareness Month

The CDC estimates that 294,000 U.S. children (1 in 250) have been diagnosed with juvenile arthritis or another rheumatic condition, making it one of the most prevalent childhood diseases in America.

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

The Cleveland Metroparks can help enhance your mental and physical health. Enjoy the splendor of our Metroparks, as it has a little of everything for everyone.

Cleveland Metroparks | ClevelandMetroparks.com

Minority Mental Health Awareness Month

Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. Don't be afraid to ask for assistance... it's out there.

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



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