

Wellness Ministry
Wellness Messages
December 2024

National Influenza Vaccination Week - December 2-6, 2024

Focused on highlighting the importance of influenza vaccination.

[Preventing Seasonal Flu | Influenza \(Flu\) | CDC](#)

[Who Needs a Flu Vaccine | Influenza \(Flu\) | CDC](#)

National Handwashing Awareness Week - December 1–7

The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine"

[About Handwashing | Clean Hands | CDC](#)

[Hand Sanitizer Guidelines and Recommendations | Clean Hands | CDC](#)

Healthy Holiday Traditions

Simple yet important food safety tips to eat, drink and be merry!

[New Holiday Traditions \(eatright.org\)](#)

[10 Holiday Home Food Safety Tips \(eatright.org\)](#)

National Impaired Driving Prevention Month

Focused on reducing the number of impaired drivers and raising awareness about the dangers of drunk driving.

[A Proclamation on National Impaired Driving Prevention Month, 2024 | The White House](#)

[December is National Impaired Driving Prevention Month | Youth.gov](#)

World AIDS Day - December 1

Raise awareness, renew the commitment to ending HIV stigma, and advance efforts to expand access to HIV testing.

[World AIDS Day | HIV.gov](#)

[Get Tested for HIV - MyHealthfinder | health.gov](#)

HIV/AIDS Awareness

Raises awareness about the ongoing fight against HIV/AIDS

[About HIV | HIV | CDC](#)

Crohn's and Colitis Awareness Week - December 1 - 7

Learn about these inflammatory bowel diseases (IBD), which come with pain, inflammation, fatigue, and other symptoms that often go unspoken due to stigma.

[Crohn's Disease and Diet \(eatright.org\)](#)

[Crohn's & Colitis Awareness Week Crohn's & Colitis Foundation](#)

[What is IBD? | Crohn's & Colitis Foundation](#)

National Resolution Planning Day – December 30

Get a headstart on setting goals for 2024!

[National Resolution Planning Day / December 30, 2024](#)

<https://nationaltoday.com/national-resolution-planning-day>