

January 2025 Wellness Ministry Messages

Maternal Health Awareness Day, January 23

Theme: Know what's at stake. Raise awareness about maternal health and the country's maternal mortality crisis.

[Maternal Health Awareness Day | ACOG](#)

Glaucoma Awareness Month

Raise awareness of leading cause of vision loss and blindness in the United States. The sneak thief of sight" has no symptoms and once vision is lost, it is permanent.

[Glaucoma Awareness Month | National Eye Institute \(nih.gov\)](#)

Cervical Health Awareness Month

Issues highlighted relate to cervical cancer, HPV disease and the importance of early detection.

[Basic Information About Cervical Cancer | CDC](#)

[Cervical Health Awareness Month – NCCC \(nccc-online.org\)](#)

Blood Donor Month

Blood donors are encouraged to make and keep appointments to donate blood during January and throughout the year.

[National Blood Donor Month \(aabb.org\)](#)

Thyroid Awareness Month

Highlights education and research to improve thyroid disease prevention, diagnosis and treatment; improving thyroid patient care; and educating the public about thyroid health and diseases.

[January is Thyroid Awareness Month | American Thyroid Association](#)

Birth Defects Awareness Month

Raise awareness about birth defects and highlight efforts to improve the health of people living with these conditions across their lifespan.

[Birth Defects Awareness Month | Birth Defects | CDC](#)

Stalking Awareness Month and Stalking Awareness Day, January 18

Recognize and respond to the serious crime of stalking.

[Stalking Awareness Month | Stalking Awareness & Prevention | SPARC](#)

Radon Action Month

Raise awareness about the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure.

[National Radon Action Month Information | US EPA](#)