

## Wellness Ministry February 2025 Wellness Messages

### AMERICAN HEART MONTH

You can take steps to lower your risk for heart disease by changing the factors you can control.

Increase awareness about heart disease: [Fact Sheets | NHLBI, NIH](#)

[Heart Disease Risk Factors | Heart Disease | CDC](#)

[Heart-Healthy Living - What Is Heart-Healthy Living? | NHLBI, NIH](#)

[Life's Essential 8 | American Heart Association](#)

February 7 - [Go Red for Women | The American Heart Association's signature women's initiative](#)

### NATIONAL BLACK HIV/AIDS AWARENESS DAY (2/7)

This observance is a day to acknowledge how HIV disproportionately affects Black people.

[National Black HIV/AIDS Awareness Day #NBHAAD | HIV.gov](#)

### NATIONAL CANCER PREVENTION MONTH

TAKE ACTION! While there is no certain way to prevent cancer, there are certain risk factors that increase the likelihood.

[National Cancer Prevention Month | Cancer Awareness Months | AACR](#)

[Cancer Prevention Quiz](#)

### CHILDREN'S DENTAL HEALTH MONTH

Promote the benefits of good oral health to children, their caregivers, teachers and many others.

[MouthHealthy - Oral Health Information from the ADA](#)

[Babies and Kids | MouthHealthy - Oral Health Information from the ADA](#) [Babies and Kids |](#)

[ada brushing poster 11x17 bruh.pdf](#)

### AGE-RELATED MACULAR DEGENERATION/LOW VISION AWARENESS MONTH

Vision rehabilitation services can help people with a visual impairment make the most of the vision they have — and keep doing the things they love.

[Age-Related Macular Degeneration | National Eye Institute \(nih.gov\)](#)

[Low Vision Awareness Month | National Eye Institute](#)

Adult Vision Risk Assessment [AB16 Risk Assessment-2.pdf](#)

### INTERNATIONAL PRENATAL INFECTION PREVENTION MONTH

Healthy pregnancy behaviors can help prevent many types of prenatal infection.

[International Prenatal Infection Prevention Month](#)

### TEEN DATING VIOLENCE AWARENESS MONTH

Information and resources to help bring attention to this serious issue teen dating abuse.

[Teen Dating Violence Awareness Month](#)