

**Mount Pilgrim Baptist Church**  
**Wellness Ministry**  
**April 2025 Wellness Messages**

**Stress Awareness Month**

It's important to arm ourselves with knowledge so that we recognize when stress rears its ugly head.

[Stress Awareness Month - April 2025 - National Today](#)

<https://hr.nih.gov/working-nih/civil/national-stress-awareness-month-job-stress-and-incivility>

<https://www.cdc.gov/mental-health/living-with/index.html>

<https://hub.jhu.edu/at-work/2024/04/11/stress-awareness-month/>

**National Minority Health Month**

Better health through better understanding - time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities.

<https://mheds.org/?p=8294> (Minority Health Matters)

[National Minority Health Month \(nationaltoday.com\)](https://www.nationaltoday.com/national-minority-health-month)

**Autism Acceptance Month**

Focuses on raising greater awareness about autism spectrum disorder (ASD), promoting understanding and acceptance, and celebrating the unique strengths and abilities of children on the spectrum.

[Autism Spectrum Disorder - National Institute of Mental Health \(NIMH\)](#)

[Autism Spectrum Disorder \(ASD\) | Autism Spectrum Disorder \(ASD\) | CDC](#)

[Nutrition for Your Child with Autism Spectrum Disorder \(ASD\)](#)

**Alcohol Awareness Month 2025**

Time to increase understanding of how individuals struggle with alcohol abuse, offers advice and help for those affected, and highlights the serious health issues caused by alcohol.

[Alcohol Awareness Month 2025: Get Involved! \(recovered.org\)](#)

[alcohol-awareness-signs-child-vulnerable-using-alcohol.png \(1200x1200\)](#)

[alcohol-awareness-impaired-driving-talk-with-kids.png \(1200x1200\)](#)

**Esophageal Cancer Awareness Month 2025**

Join with the AACR to find better ways to prevent and treat cancer of the esophagus.

[Esophageal Cancer Awareness Month | The AACR](#)

### **National Donate Life Month 2025**

Features activities to help encourage Americans to register as organ, eye, and tissue donors and to honor those that have saved lives through the gift of donation.

[National Observances and Celebrations - Donate Life America](#)

Register to be an organ, eye and tissue donor.

<https://registerme.org/>

### **Parkinson's Awareness Month 2025**

Focuses on helping people recognize the early signs that can lead to an earlier diagnosis and overall better quality of life.

[Parkinson's Awareness Month | Parkinson's Foundation](#)

### **National Public Health Week (April 7-13, 2025)**

Focuses on creating the healthiest nation, and everyone can do their part to help.

Theme, "Protecting, Connecting, and Thriving: We Are All Public Health," focuses on the interconnectedness of health and community well-being.

[nphw.org](http://nphw.org)

#### **NPHW 2025 DAILY THEMES**

- Kickoff Forum - Celebrating 30 Years of National Public Health Week
- Protecting the Health of People with Disabilities
- #NPHWChat on Bluesky
- The Future of Public Health: Voices from the Next Generation
- Power in Partnership: Advocacy for a Healthier Future
- NPHW Trivia Night
- Building Resilience to Climate Trauma: A Public Health Approach to Mental Well-Being