

**Wellness Ministry**  
**May 2025 Wellness Messages**

**Lupus Awareness Month**

Celebrated to raise awareness about lupus signs and symptoms, increase knowledge about the importance of early detection and treatment, and enhance the self-management skills of people with lupus.

- [Lupus Basics | Lupus | CDC](#)
- [Signs and Symptoms.jpg \(450×900\)](#)
- [How lupus affects the body | Lupus Foundation of America](#)

**National Women's Health Week** (May 11-17)

Celebrated to empower women and girls to prioritize their health and well-being.

- [Celebrating Women's Health Week! | Women's Health | CDC](#)
- [Women's Health | Women's Health | CDC](#)
- [Heart Health for Women \(eatright.org\)](#)
- [Dietary Supplements and Women's Health \(eatright.org\)](#)

**American Stroke Month**

Increases awareness about stroke, its causes, and its impact on individuals and families. Stroke is a leading cause of death and disability worldwide, and it is important to understand its warning signs and risk factors.

- [FAST-Infographic.pdf \(stroke.org\)](#)
- [American Stroke Month | American Stroke Association](#)
- [Five Key Facts About Stroke | American Stroke Association](#)
- [Stroke Risk in Women English Infographic.pdf \(goredforwomen.org\)](#)
- [Stroke Risk Factors | American Stroke Association](#)

**Mental Health Awareness Month**

Celebrated to increase awareness about the vital role mental health plays in our well-being, promote acceptance and support of anyone living with a mental illness.

- [MENTAL HEALTH AWARENESS MONTH \(nationaltoday.com\)](#)
- [Know the Warning Signs | NAMI: National Alliance on Mental Illness](#)
- [Mental Health Month | Mental Health America \(mhanational.org\)](#)

**National Physical Fitness and Sports Month**

Celebrated to promote the benefits of being physically active.

- [Walk. Run. Dance. Play. What's your move? - Move Your Way | health.gov](#)
- [What's your move? \(health.gov\)](#)
- [Move Your Way: Tips for Getting Motivated - YouTube](#)
- [Activity Planner - Move Your Way | health.gov](#)
- [Are My Kids Getting Enough Physical Activity? Fact Sheet for Parents](#)

## **Older Americans Month**

Observed to recognize the contributions of past and present older persons to the country, particularly those who defended the country.

- [Older Americans Month 2025 | ACL Administration for Community Living](#)
- [Older Americans Month - National Today \(nationaltoday.com\)](#)