

# Wellness Ministry

## February 2026

### 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

- [Heart Disease Risk Factors | Heart Disease | CDC](#)
- [Heart Health - MyHealthfinder | odphp.health.gov](#)
- [Heart-Healthy Living - What Is Heart-Healthy Living? | NHLBI, NIH](#)
- [Life's Essential 8 | American Heart Association](#)
- [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 \(NBHAAD\) | NIH](#)

#### **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 - American Association for Cancer Research \(AACR\)](#)

#### **CHILDREN'S DENTAL HEALTH MONTH**

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

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

- [February is Age-related Macular Degeneration \(AMD\) and Low Vision Month - Prevent Blindness](#)
- [Low Vision Awareness Month \(February 2026\) | Days Of The Year](#)
- [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 - National Today](#)

#### **TEEN DATING VIOLENCE AWARENESS MONTH**

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

- [Teen Dating Violence Awareness and Prevention | Info on Teen Dating Violence](#)