

Wellness Ministry
August 2026
Wellness Messages

Keep Your Cool in Hot Weather!

Learn about heat-related illness and how to stay cool and safe in hot weather.

- [About Water and Healthier Drinks | Healthy Weight and Growth | CDC](#)
- [Water Access in Schools | School Nutrition | CDC](#)
- [Beat the Heat: Tips to Keep Cool, Avoid Dehydration, & More](#)

National Immunization Awareness

Highlights the importance of routine vaccination for people of all ages.

- [National Immunization Awareness Month \(NIAM\) | Vaccines & Immunizations | CDC](#)
- [Vaccine Information for Adults | Adult Vaccines | CDC](#)
- [Vaccines for Your Children | Childhood Vaccines | CDC](#)

Children's Eye Health and Safety

Highlights the importance of protecting children's vision and eye health.

- [Healthy Vision Tips | National Eye Institute \(nih.gov\)](#)
- [Eye Screening for Children - American Academy of Ophthalmology \(aao.org\)](#)
- [Screen Use for Kids - American Academy of Ophthalmology \(aao.org\)](#)
- [Eye Health Tips for Students](#)

Preparing for a Hurricane or Tropical Storm

You can't stop a tropical storm or hurricane, but you can take steps now to protect yourself and your family.

- [Preparing for Hurricanes or Other Tropical Storms | Hurricanes | CDC](#)
- [Keep Food Safe After a Disaster or Emergency | Food Safety | CDC](#)

Psoriasis Awareness Month

The cause of psoriasis is still unknown, but specialists do know that it is largely affected by the immune system and genetics.

- [Psoriasis Action Month](#)
- [Psoriasis Awareness/ Psoriasis Action Month 2026 | August 2026](#)

National Breastfeeding Month

Information provided on how to protect, promote, and support breastfeeding. 2026 Theme: Rise: Resilience, Interdependence, Self-Determination, Empowerment.

- [National Breastfeeding Month \(usbreastfeeding.org\)](#)

Black Breastfeeding Week (August 25-31)

Observed to raise awareness among Black mothers about the benefits of breastfeeding — and to help reduce racial disparities in breastfeeding rates. 2026 Theme: We All We Got: 14 Years of Community, Care, and Collective Power

- [Black Breastfeeding Week](#)

National Minority Donor Awareness Month

Observed to bring heightened awareness of donation and transplantation in multicultural communities – focusing primarily on African American, Hispanic, Asian/Pacific Islander and Native American communities.

[NMDAM 2026 Infographic Flyer-3.pdf](#)

[National Minority Donor Awareness Month - AOPO](#)