

Wellness Ministry

September 2026 Wellness Messages

PROSTATE CANCER AWARENESS MONTH

Observed to raise awareness about one of the most common types of cancer that impacts men.

- [Understanding Prostate Cancer | Prostate Cancer Foundation](#)
- [Prostate Cancer Screening Quiz | Prostate Cancer Foundation](#)
- [Can Prostate Cancer Be Found Early? | How to Detect Prostate Cancer? | American Cancer Society](#)
- [Black Men: Know Your Risk | Prostate Cancer Foundation](#)

HEALTHY AGING MONTH

Observed to promote ways that people can stay healthy as they age.

- [Build a Healthy Eating Routine as You Get Older](#)
- [Tips to Boost Your Health As You Age](#)
- [Physical Activity Benefits for Adults 65 or Older | Physical Activity Basics | CDC](#)

SICKLE CELL ANEMIA AWARENESS MONTH

Observed to raise awareness of the most common inherited blood disorder in the United States.

- [About Sickle Cell Disease - SCDA](#)
- [Sickle Cell Disease - What Is Sickle Cell Disease? | NHLBI, NIH](#)
- [H-6339-September-Fact-Sheet-Update.pdf](#)
- [Healthy Living With Sickle Cell Disease Fact Sheet | NHLBI, NIH](#)

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Dedicated to educating children and their families on how to prevent childhood obesity.

- [About Healthy Weight and Growth | Healthy Weight and Growth | CDC](#)
- [Tips for Healthy Eating for a Healthy Weight | Healthy Weight and Growth | CDC](#)
- [Preventing Childhood Obesity: 6 Things Families Can Do | Obesity | CDC](#)

NATIONAL CHOLESTEROL EDUCATION MONTH

Designed to spotlight the importance of cholesterol monitoring and cholesterol management s to reduce the risk of cardiovascular disease (CVD)

- [NATIONAL CHOLESTEROL EDUCATION MONTH - Search](#)
- [Cholesterol | American Heart Association](#)
- [How to Interpret Cholesterol Numbers](#)
- [NATIONAL CHOLESTEROL EDUCATION MONTH - Search](#)

NATIONAL FOOD SAFETY EDUCATION MONTH

Time to promote food safety best practices.

- [Safe Food Handling | FDA](#)
- [Food Safety Basics | Food Safety and Inspection Service](#)
- [Preventing Food Poisoning | Food Safety | CDC](#)

NATIONAL RECOVERY MONTH

Observed to promote increase awareness surrounding mental health and addiction recovery

- [National Recovery Month 2026](#)
- [Talk to Your Kids about Tobacco, Alcohol, and Drugs - MyHealthfinder | odphp.health.gov](#)
- [Recovery and Support | SAMHSA](#)
- [Infographic: Recovery is Real and Holistic](#)

NATIONAL PREPAREDNESS MONTH

Observed to encourage preparedness for emergencies.

- [Hurricanes | Ready.gov - Search](#)
- [ready-gov_rsl_understand-forecast-information_story.png \(4500×8000\)](#)
- [Make A Plan | Ready.gov](#)
- [Build A Kit | Ready.gov](#)
- [Hurricane Preparedness Checklist](#)