

**Mount Pilgrim Baptist Church
Wellness Ministry
October 2026 Wellness Messages**



National Breast Cancer Awareness Month

Raise awareness about breast cancer and promote early detection.

- [Breast Cancer - NCI](#)
- [ACS Breast Cancer Screening Guidelines | American Cancer Society](#)
- [Get Screened for Breast Cancer - MyHealthfinder | odphp.health.gov](#)
- [Screening for Breast Cancer | Breast Cancer | CDC](#)
- [Reduce Breast Cancer Risk \(eatright.org\)](#)
- [Breast Cancer Awareness Month 2026: Facts, Dates & How to Help](#)
- [Programs – Seeking & Giving Support – Breast Cancer – AABCA](#)
- [Black Women and Breast Cancer: Disparities and Research | BCRF](#)

Healthy Lung Month

Protect your lungs against general neglect, bronchitis, mold, air pollution, and smoking.

- [Tips to Keep Your Lungs Healthy | American Lung Association](#)
- [Healthy Lung Month 2026: October 2026 | Awareness Days](#)

National Dental Hygiene Month

Raise awareness about the importance of good oral health.

- [National Dental Hygiene Month | Oct 1-31, 2026](#)
- [Oral Health for Young Children | HRSA](#)
- [Oral Health: Information for Adults - Flossing and Brushing](#)
- [Oral Health for People With Dry Mouth | HRSA](#)
- [Eat Right for a Healthy Mouth and Teeth](#)
- [Oral Health and Nutrition | HRSA](#)

Eye Injury Prevention Month

Promote awareness about eye safety and prevention of injuries.

- [Eye Injury Prevention Month 2026: October 2026 | Awareness Days](#)
- [Eye Exam and Vision Testing Basics - American Academy of Ophthalmology](#)
- [Fabulous Foods to Boost Eye Health - American Academy of Ophthalmology](#)
- [Foods for Eye Health](#) (eatright.org)

National Child Health Day

Demonstrate support of children's health, family, and those that work hard to help them.

- [National Child Health Day — October 5, 2026 | National Today](#)
- [Child Health Day 2026 in the United States](#)

Health Literacy Month

Raise awareness about the importance of health literacy and its impact on individual and community well-being.

- [Health Literacy Month | Oct 1-31, 2026](#)
- [Health Literacy | Health Literacy | CDC](#)
- [What is Health Literacy?](#)
- [Health Literacy | National Institutes of Health \(NIH\)](#)

National Domestic Violence Awareness Month

Raise awareness of the dangers of domestic violence and its impact on individuals and families.

- [DVAM 2026: With Survivors, Always | Domestic Violence Awareness Project](#)
- [About Intimate Partner Violence | Intimate Partner Violence Prevention | CDC](#)
- [Watch for Warning Signs of Relationship Violence - MyHealthfinder | odphp.health.gov](#)
- [Home - National Resource Center on Domestic Violence](#)
- [NRCDV_DVAP-WhatsYour1Thing-Sept2018.pdf](#)