

# October

## 2019 WELLBEING CALENDAR

### Mental Illness Awareness Week

October 6 –12

Approximately one in five adults in the U.S. — 43.8 million, or 18.5% — live with a mental health condition. Get the facts about depression, bipolar disorder, schizophrenia and other medical conditions.

**Learn more:** [nami.org/miaw](http://nami.org/miaw)



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### National Breast Cancer Awareness Month

While about one in eight women will get breast cancer at some point, there is good news: many of them will survive if it's found and treated early. Ask your doctor about mammogram guidelines.

**Learn more:** [nationalbreastcancer.org](http://nationalbreastcancer.org)

### National Bullying Prevention Month

Bullying is not a childhood “rite of passage” and it can be stopped. Schools, parents and students can join the nationwide call to action with educational resources and support.

**Learn more:** [stompoutbullying.org](http://stompoutbullying.org)

### Child Health Day

October 7

If you're a parent, you know children can face many health issues, even before they enter the world. Beyond immunizations, you've got to think about their development, nutrition, and preventing injuries and diseases.

**Learn more:** [mchb.hrsa.gov](http://mchb.hrsa.gov)

**HOLIDAYS** Yom Kippur **8 – 9**  
Columbus Day **14**

Halloween **31**