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**



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HOLIDAYS Yom Kippur 8 – 9 Columbus Day 14 Halloween 31

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

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

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

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