

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Glaucoma, Color is Green	Happy New Year	1	2
						3
	4	5	6	7	8	9
						10
	11	12	13	14	15	16
						District Nurses Meeting 10:00 AM at Holy Cross
	18	19	20	21	22	23
	Dr. Martin Luther King, Jr. Day					24
	25	26	27	28	29	30
						31

# JANUARY

## JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

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Glaucoma is called the “sneak thief of vision”, since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of *preventable* blindness. Get regular eye exams to preserve vision. For more on Glaucoma see [www.glaucoma.org](http://www.glaucoma.org).

DECEMBER 2014

FEBRUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
	Heart Month Color is Red			Nurses Go Red Rally at the State Capital		
1	2	3	4	5	6	7
8	9	10	11	12	13	Valentine's Day 14
15	16	17	18	19	20	Union District Nurses Meet 10:00 am 21
22	23	24	25	26	27	Love Your Heart Workshop 10:00-12:00- Holy Cross MBC 28

1sV

# FEBRUARY

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January 2015

March 2015

## NATIONAL HEART MONTH

About 92 percent of sudden cardiac arrest victims die before reaching the hospital, but statistics prove that if more people knew CPR, more lives could be saved. Immediate CPR can double even the odds, a victim's chance of survival.

<http://www.heart.org>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Colorectal cancer Color is green 8	9	10	11	12	13	14
15	16	17	18	19	20	District Nurses Meet 10:00 AM 21
22	23	24	25	26	27	28
29	30	31				

# MARCH

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FEBRUARY 2015

APRIL 2015

## COLORECTAL CANCER AWARENESS MONTH

The most preventable  
of cancers, cancer of the colon  
or rectum is the second leading  
cause of cancer death in the  
U.S. There are several

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2	3	4
Easter	5	6	7	8	9	10	11
	12	13	14	15	16	17 Union District Health & Wellness Conference at Greater Second Baptist	18
	19	20	21	22	23	24	25
	26	27	28	29	30		

# APRIL 2015

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MARCH 2015

MAY 2015

## APRIL IS NATIONAL MINORITY HEALTH MONTH

On August 8, 1988 the  
CDC Director created the Office  
of Minority Health ( OMH),  
dedicated exclusively to  
improving the health of all racial  
and ethnic minority populations

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Stroke Awareness	Color-Purple			1
	3	4	5	6	7	8
	10	11	12	13	14	15 Union District Nurses Meet 10:00 am
	17	18	19	20	21	22
	24	25	26	27	28	29
	31					

# MAY

## 2015

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APRIL 2015

JUNE 2015

## MAY IS NATIONAL STROKE AWARENESS

**MONTH** STROKE IS THE 4TH LEADING CAUSE OF DEATH AND A MAJOR CAUSE OF ADULT DISABILITY IN THE UNITED STATES. ACT F.A.S.T. IF YOU THINK SOMEONE IS HAVING A STROKE.

**F—FACE:** ASK THE PERSON TO SMILE. DOES ONE SIDE OF THE FACE DROOP?

**A—ARMS:** ASK THE PERSON TO RAISE BOTH ARMS. DOES ONE ARM DRIFT DOWNWARD?

**S—SPEECH:** ASK THE PERSON TO REPEAT A SIMPLE PHRASE IS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Asthma Color- Gray	3	4	5
	7	8	9	10	11	12
	14	15	16	17	18	19 Union District Nurses Meet 10:00 am
	21	22	23	24	25	26
	28	29	30			

# JUNE

2015

ASTHMA

AWARENESS &

SMOKE FREE

MONTH

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MAY 2015

JULY 2015

5	6	7	8	9	10	11
12	13	14	15	16	17	18 District Nurses meet 10:00 AM
19	20	21	22	23	24	25
26	27	28	29	30	31	

# JULY

## JULY IS HEAT & EYE SAFETY MONTH

Prevent injury to your eyes in the workplace and at home, wear the appropriate protective gear. And make sure fits properly. When outside mowing the yard and trimming hedges be sure to protect your eyes from grass and brush clippings. Protect yourself from the effects of hot weather when working outside by wearing sunscreen, a brimmed hat and loosefitting light colored clothing.

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JUNE 2015

AUGUST 2015

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9	10	11	12	13	14	15	District Nurses meet 10:00 AM
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

# AUGUST

## AUGUST IS NATIONAL IMMUNIZATION AND CHILDHOOD OBESITY MONTH

Make sure your children are up to date on all their immunizations. According to the Centers for Disease Control (CDC), childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years. Children who are obese are more likely to face high cholesterol or high blood pressure, diabetes, bone and joint problems, sleep

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JULY 2015

SEPTEMBER 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Blue is the ribbon color for Prostate Cancer			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	District Nurses Meet 10:00 AM 19
20	21	22	23	24	25	26
27	28	29	30			

# SEPTEMBER

							1	2	3
1	2	3	4	5	6	7	4	5	6
8	9	10	11	12	13	14	11	12	13
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22	23	24	25	26	27	28	25	26	27
29	30						28	29	30

AUGUST 2015

OCTOBER 2015

## PROSTATE CANCER AWARENESS

**MONTH** PROSTATE CANCER IS ONE OF THE MOST COMMON CANCERS AMONG AMERICAN MEN. AND THIS YEAR, MORE THAN 230,000 OF THEM ARE EXPECTED TO BE DIAGNOSED WITH THIS DISEASE. DURING NATIONAL PROSTATE CANCER AWARENESS MONTH, WE HONOR ALL THOSE WHOSE LIVES HAVE BEEN TOUCHED BY THIS DISEASE, AND WE RENEW OUR COMMITMENT TO REDUCING ITS DEVASTATING IMPACT THROUGH MORE EFFECTIVE PREVENTION,

						1	2	3	
	4	5	6	7	8	9	10	Susan G. Komen Race for the Cure	10
								District Nurses Meet 10:00 AM	
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
Pink Carnation Sunday	25	26	27	28	29	30	31		

# OCTOBER

**NOTES:**  
 OCTOBER IS NATIONAL  
 BREAST CANCER  
 AWARENESS MONTH

**All women over 40 should get a mammogram yearly. Don't forget to sign up for the Susan G. Komen Race for the Cure. Many of our churches will have a Pink Carnation Sunday this month to remind women to get a mammogram. Think Pink!**

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SEPTEMBER 2015

NOVEMBER 2015

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15                      16                      17                      18                      19                      20                      21

District  
Nurses Meet  
10:00AM

22                      23                      24                      25                      26                      27                      28

29                      30

# NOVEMBER

20

		1	2	3				1	2	3	4	5		
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11	12	13	14	15	16	17		13	14	15	16	17	18	19
18	19	20	21	22	23	24		20	21	22	23	24	25	26
25	26	27	28	29	30	31		27	28	29	30	31		

OCTOBER 2015

DECEMBER 2015

## NOVEMBER IS NATIONAL DIABETES MONTH

In addition to sticking your finger every day to check your blood glucose levels, your doctor will order a hemoglobin A1C two or more times a year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
						5
6	7	8	9	10	11	12
13	14	15	16	17	18	District Nurses Meet 10:00 19
20	21	22	23	24	25	26
27	28	29	30	31		

# DECEMBER

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NOVEMBER 2015

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JANUARY 2016

**HAND WASHING & HEALTHY HOLIDAY COOKING MONTH** WITH ALL THE COOKING AND PREPARING OF FAMILY DINNERS AND PARTY FOODS. REMEMBER: KEEP HOT FOODS HOT & COLD FOODS COLD THOROUGHLY WASH FRUITS & VEGETABLES