



**CINCO**

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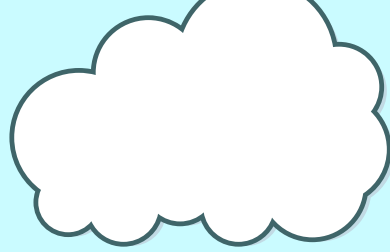
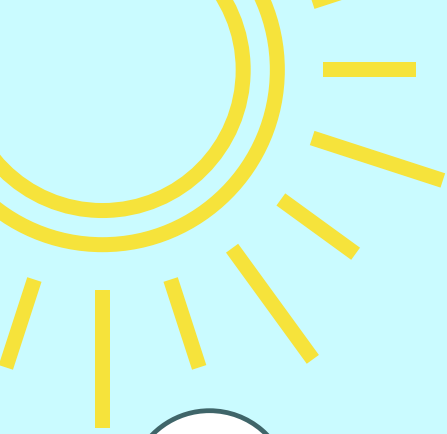
# ALS AWARENESS MONTH

**EVERY  
MOMENT  
MATTERS**

**"However difficult life may seem,  
there is always something you can  
do, and succeed at. It matters that  
you don't just give up."**

**Stephen Hawking**





# MAY IS *SKIN CANCER AWARENESS MONTH*



Remember to seek the shade, especially between 10 AM and 4 PM to help avoid getting sunburned, and avoid tanning.



Use a broad-spectrum (UVA/UVB) sunscreen on anyone over the age of six months for extended outside activities.



Properly cover up with clothing, to include but not limited to a broad-brimmed hat and UV- blocking sunglasses.

*Celebrating*

# NATIONAL NURSES WEEK

MAY 6TH - 12TH



**#NURSESWEEK**  
**#THANKYOUHEROES**



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**TAKE CARE OF YOURSELF**

# NATIONAL WOMEN'S HEALTH WEEK

MAY 14TH - 20TH

**#NWHW**

**#WOMENHEALTH**

# NATIONAL WOMENS CHECK UP DAY



## Schedule Your Well-Woman Visit



**Did you know?** Most health plans are required to cover an annual well-woman visit at no cost to you! Thanks to the Affordable Care Act, it's easier than ever for you to check upon your health .



# Happy Mother's Day

SUNDAY, MAY 14TH



Stress  
Panic  
Depression



Worry  
Distortion  
Isolation

Uncertainty  
Doubt

# Maternal Mental Health Month

"You don't have to control your thoughts. You just have to stop letting them control you."

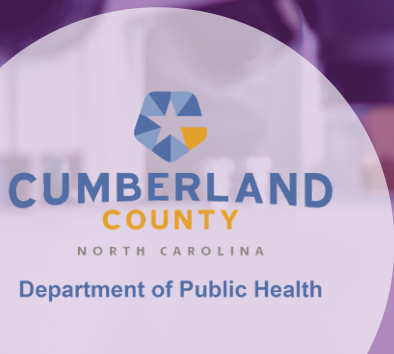
Dan Millman





# CANCER RESEARCH

AWARENESS





# Employee Health & Fitness Month

**POWER**

**Powering your wellness  
through exercise**



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**MAY 31 ST, 2023**

# WORLD **N** TOBACCO DAY



**480,000 AMERICANS DIE FROM SMOKING EACH YEAR, ACCOUNTING FOR NEARLY 1 IN 5 DEATHS**



**VISIT THE [HHS.GOV](https://www.hhs.gov) WEBSITE TO LEARN MORE**





★ ★ ★ ★ ★

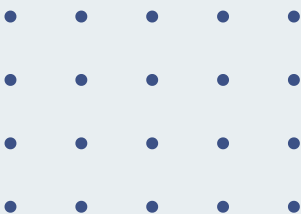
# MEMORIAL DAY

REMEMBER & HONOR

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# Preeclampsia Awareness Month



**Preeclampsia remains a leading cause of maternal and infant mortality and morbidity.**

## Signs of Preeclampsia:

- **elevated blood pressure**
- **protein in the urine**
- **changes in vision - blurred, seeing spots**
- **nausea after mid pregnancy**
- **swelling in hands and face**
- **weight gain of more than 5 pounds in a week**
- **difficulty breathing, gasping or panting**



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# TEEN PREGNANCY PREVENTION MONTH

1

Around 700,000 teens become pregnant each year

2

Around 85% of teen pregnancies are unplanned

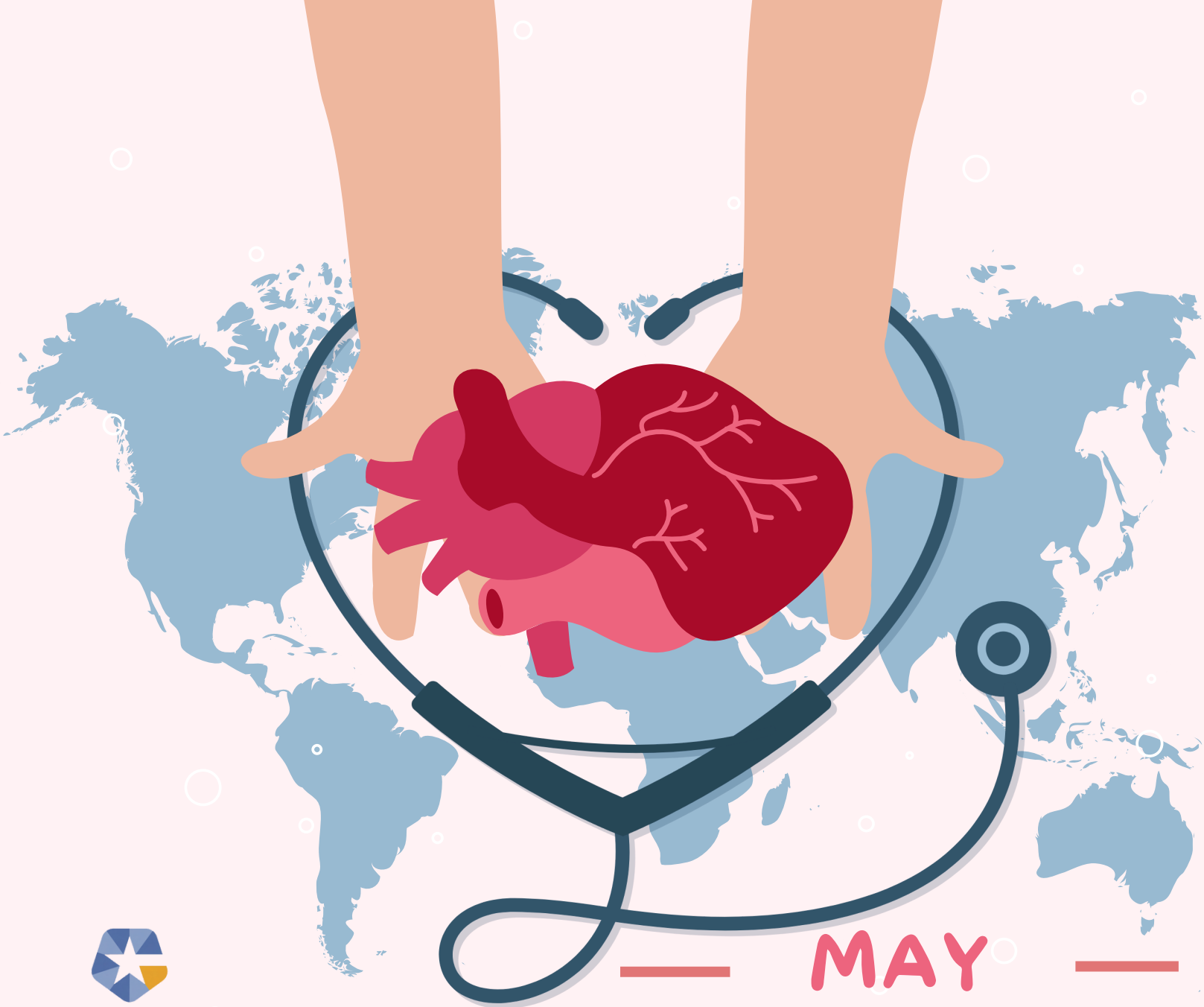
3

7.2% of those teens receive no medical care



The Teen Wellness Clinic (TWC) provides confidential, high quality, evidence-based Reproductive Health Services to youth males and females ages 12-19.

You can schedule an appointment by calling 910-433-3600 Monday through Friday from 8:00am to 5:00pm.



  
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— MAY —  
**HEPATITIS AWARENESS**  
**MONTH**

# MENTAL HEALTH AWARENESS MONTH



**IT'S OKAY TO ASK FOR HELP**



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