

International Health Commission Health & Wellness Calendar with Scripture References
Bishop Harry L. Seawright, Commission Chair
Reverend Natalie Mitchem, MDiv, Registered Dietitian, Nutritionist, IHC Executive Health Director
Reverend Miriam Burnett, MD, MDiv, MPH, IHC Medical Director

<p style="text-align: center;">JANUARY</p> <p><i>Glaucoma Awareness Month Cervical Health Awareness Month</i> Scripture: Psalm 134 Resources: Visit www.AMEHealth.org, www.cdc.gov, http://www.nccc-online.org/, http://www.glaucoma.org/news/glaucomaawarenessmonth.php, http://www.who.int/reproductivehealth/topics/cancers/en/</p> <p style="text-align: center;">FEBRUARY</p> <p><i>Heart and Stroke Month</i> Scripture: Philippians 4:4-9 Resources: Visit www.AMEHealth.org, www.heart.org, American Heart/Stroke Assoc. www.millionhearts.hhs, www.abcadio.org, www.balmingilead, www.nationalblackaidsday.org, www.cdc.gov,</p> <p style="text-align: center;">MARCH</p> <p><i>HIV Awareness Month Week of Prayer for the Healing of HIV/AIDS National Women and Girls HIV/AIDS Awareness Day National Native American HIV/AIDS Awareness Day World Tuberculosis Day, World Kidney Day</i> Scripture: James 2:14-26 Resources: Visit www.AMEHealth.org, www.balmingilead, www.heartandsoulmagazine.com, http://www.who.int/campaigns/tb-day, <i>National Nutrition Month</i> –www.eatright.org</p>	<p style="text-align: center;">APRIL</p> <p><i>Autism Awareness Month 24-30 World Immunization Day</i> Scripture: Psalm 100 Resources: Visit www.AMEHealth.org, www.autismspeaks, www.cdc.gov, http://www.worldmaliaday.org/, http://www.who.int/campaigns/maliaday, http://www.who.int/campaigns/world-healthday, http://www.who.int/campaigns/immunizationweek</p> <p style="text-align: center;">MAY</p> <p><i>Mental Health Wellness Month Women’s Health Week, 31st World No Tobacco Day</i> Scripture: Psalm 23 Resources: Visit www.AMEHealth.org, www.namihelps.org, www.mentalhealth.gov, www.heartandsoulmagazine, http://womenshealth.gov/nwhw/, http://www.who.int/topics/womens_health/en/, http://www.who.int/campaigns/no-tobaccoday, <i>Smoking Cessation Programs</i> - https://www.naatpn.org/</p>
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<p style="text-align: center;">JUNE</p> <p>Men’s Health, Prostate Cancer Awareness Month World Blood Donor Day, World Sickle Cell Day Scripture: Exodus 34: 23-24 Resources: Visit www.AMEHealth.org, www.prostatehealthed.org, PHEN http://www.sicklecelldisease.org, http://www.who.int/mediacentre/factsheets/fs308/en /, http://www.who.int/campaigns/world-blood-donorday</p> <p style="text-align: center;">JULY</p> <p>Faith Based Health, Wellness, Nutrition & Fitness Month, World Hepatitis Day Scripture: 3 John 2-4 Resources: Visit www.AMEHealth.org, www.letsmove.gov, https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/, www.abcadio.org, http://www.who.int/dietphysicalactivity/en/, AME Culinary RX, Plantrician Project, www.NutritionFacts.org, Girl Trek, www.ForksOverKnives, AME-MenWalkforWellness, BeforeYouEatThatChurchFood DVD, Amer. Heart-HealthyForLife Facilitator Hub, American Cancer Society</p> <p style="text-align: center;">AUGUST</p> <p>Clergy & Clergy Family Self Care & Wellness Month Stress Reduction, Retreats, Vacation, Sabbatical, Healthy Families, Healthy Marriages, Healthy Singles and Family Fitness. Scripture: Mark 6:30-32 Resources: Visit www.AMEHealth.org, www.divinity.duke.edu, www.drew.edu, www.faihandhealthconnection, www.louisvilleinstitute/blackandlatinopastorsselfcare, AME Culinary RX, www.NutritionFacts.org,</p>	<p style="text-align: center;">SEPTEMBER</p> <p>Disaster Preparedness Month -All churches practice Fire Frills, Check Fire Extinguisher Dates, Shelter in Place, Lock Down, PPE, Emergency Supplies and meet with city officials. FBI Active Shooter Event Guide, Pandemic Re-Opening Guide, World Alzheimer’s Month Scripture: Proverbs 1:1-7 Resources: Visit www.AMEHealth.org, http://www.alz.org/ri/in_my_community_22380.asp, FEMA and FBI Active Shooter Guide 202-324-3691</p> <p style="text-align: center;">OCTOBER</p> <p>Women’s Health, Breast Cancer Awareness Month, World Food Day Scripture: Proverbs 1:1-7 Resources: Visit www.AMEHealth.org, Body and Soul, American Cancer Society, National Cancer Institute, http://www.who.int/cancer/detection/breastcancer/en/, http://www.worldfooddayusa.org/, http://www.wfp.org/videos/world-food-day-0 www.Oxfam.org</p> <p style="text-align: center;">NOVEMBER</p> <p>Diabetes Month Scripture: Proverbs 23:1-3;19-21 Resources: Visit www.AMEHealth.org, www.diabetes.org, http://www.idf.org/, CHC-AME Health Monitor Magazine. Healthy Churches Annual Event, Ch</p> <p style="text-align: center;">DECEMBER</p> <p>1 World AIDS Day Scripture: Revelation 22:1-2 Resources: Visit www.AMEHealth.org, www.cdc.gov, http://www.who.int/campaigns/aids-day</p>
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