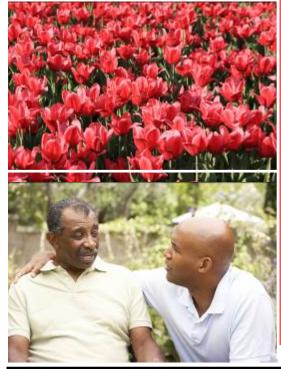
May2016

Sullivan Benefits



Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke, making it the fourth leading cause of death in the United States. A stroke occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes occur in people of all ages.

The sooner a stroke patient receives medical treatment, the better. Call 911 immediately if you notice any of the following symptoms:

- Numbness or weakness of the face, arm, or leg
- Confusion, trouble speaking, or difficulty understanding
- Trouble seeing in one or both eyes
- Severe headache with no known cause
- Trouble walking, dizziness, loss of balance or loss of coordination

You can prevent a stroke by exercising regularly, quitting smoking, maintaining a healthy weight, keeping your blood pressure under control, limiting alcohol intake and eating a low-sodium healthy diet.

SUNDAY **MONDAY** TUESDAY WEDNESDAY **THURSDAY FRIDAY** SATURDAY

National Stroke Awareness Month – <a href="https://nois.org/broth.en/broth. National Stroke Awareness Month – www.cdc.gov/stroke/stroke_awareness_month.htm
Arthritis Awareness Month – www.arthritis.org

National Physical Fitness and Sports Month - www.fitness.gov

National Teen Pregnancy Prevention Month — www.advocatesforyouth.org/topics-issues/teen-pregnancy-prevention/1304-tpp
Preeclampsia Awareness Month — www.preeclampsia.org
Ultraviolet Awareness Month — www.preventblindness.org
Children's Mental Health Awareness Week (1-7) — www.ffcmh.org/awarenessweek
National Physical Education & Sport Week (1-7) — www.shapeamerica.org/events/pesportweek
North American Occupational Safety and Health Week (1-7) — www.ssse.org/newsroon/naosh/what-is-naosh-week

www.asse.org/newsroom/naosh/what-is-naosh-week
National Bike to School Day (4) – www.walkbiketoschool.org
Hand Hygiene Day (5) – www.who.int/gpsc/5may/en
National Women's Health Week (8-14) – www.womenshealth.gov/nwhw
National Alcohol and Other Drug-related Birth Defects Week (8-14) – www.ncadd.org
National Stuttering Awareness Week (9-15) – www.stutteringhelp.org
National Neuropathy Awareness Week (12-16) – www.foundationforpn.org

nttp://nor.org/nationalosteoporosismontn National Neuropathy Awareness Week (12-16) – www.foundationforpn.org Cornelia de Lange Syndrome Awareness Day (14) – www.cdlsusa.org						
1 Children's Mental Health Awareness Week North American Occupational Safety and Health Week National Physical Education & Sport Week	2	3	4 National Bike to School Day	5 Cinco de Mayo Hand Hygiene Day	6	7
8 Mother's Day National Women's Health Week National Alcohol- and Other Drug-related Birth Defects Week	9 National Stuttering Awareness Week	10	11	12 Natural Neuropathy Awareness Week	13	14 Cornelia de Lange Syndrome Awareness Day
15	16	17	18 HIV Vaccine Awareness Day	19 National Asian and Pacific Islander HIV/AIDS Awareness Day	20 World Autoimmune Arthritis Day	21
22 National Hurricane Preparedness Week	23 Healthy & Safe Swimming Week	24	25 National Senior Health & Fitness Day	26	27 Heat Safety Awareness Day	28
29	30 Memorial Day	31 World No Tobacco Day	HIV Vaccine Awareness Day (18) - www.niaid.nih.gov/topics/hivaids/Pages/Default.aspx National Asian and Pacific Islander HIV/AIDS Awareness Day (19) - www.banyantreeproject.org World Autoimmune Arthritis Day (20) - www.banyantreeproject.org National Senior Health and Fitness Day® (25) - www.fitnessday.com Heat Safety Awareness Day (27) - www.mhc.index.shtml National Hurricane Preparedness Week (22-28) - www.nchc.noaa.gov Healthy and Safe Swimming Week (23-29) - www.cdc.gov/healthywater/observances/hss-week/index.html World No Tobacco Day (31) - www.who.int/tobacco/wntd/en			