

# OCTOBER 2017

Provided by: Sullivan Benefits

## Domestic Violence Awareness Month

According to the U.S. Centers for Disease Control and Prevention (CDC), in the United States, nearly 20 people each minute, on average, are physically abused by an intimate partner. Domestic violence, though, is not just limited to physical abuse. The [National Coalition Against Domestic Violence](#) defines domestic violence as “the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another.”

Domestic violence may be an uncomfortable topic to speak on, but it is an epidemic affecting individuals of all ages, races, genders, religions, nationalities and economic statuses in every community. The consequences of domestic violence can last a lifetime and be devastating.

Recognizing the signs of domestic abuse is not always easy. It can manifest itself as subtle emotional or verbal abuse and escalate into frequent, severe or life-threatening abuse. Leaving an abuser can be a difficult task, though. If you are being abused by your partner or suspect that a loved one is being abused, do not be embarrassed to ask for help. For anonymous, confidential help, call the National Domestic Violence Hotline at 1-800-799-7233 (TTY: 1-800-787-3224).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Domestic Violence Awareness Month</a> <a href="#">Eye Injury Prevention Month</a> <a href="#">Health Literacy Month</a> <a href="#">Home Eye Safety Month</a> <a href="#">International Walk to School Month</a> <a href="#">National Breast Cancer Awareness Month</a>			<a href="#">National Bullying Prevention Month</a> <a href="#">National Dental Hygiene Month</a> <a href="#">National Down Syndrome Awareness Month</a> <a href="#">National Medical Librarians Month</a> <a href="#">National Physical Therapy Month</a> <a href="#">Sudden Infant Death Syndrome (SIDS) Awareness Month</a>		<b>Week of October 15:</b>	
1	2 <a href="#">Mental Illness Awareness Week (2-8)</a> <a href="#">National Primary Care Week (2-8)</a>	3	4 <a href="#">Walk and Bike to School Day</a>	5	6 <a href="#">National Depression Screening Day</a>	7
8	9	10	11	12 <a href="#">Bone and Joint Health Action Week (12-20)</a>	13 <a href="#">Metastatic Breast Cancer Awareness Day</a>	14
15 <a href="#">National Latino AIDS Awareness Day</a> <a href="#">International Infection Prevention Week (15-21)</a>	16 <a href="#">World Food Day</a> <a href="#">National Healthcare Quality Week (16-22)</a>	17 <a href="#">National Health Education Week (17-21)</a>	18	19 <a href="#">World Pediatric Bone and Joint Day</a>	20	21
22 <a href="#">International Stuttering Awareness Day</a>	23 <a href="#">Respiratory Care Week (23-29)</a> <a href="#">Red Ribbon Week (23-31)</a>	24	25	26	27	28
29 <a href="#">World Psoriasis Day</a>	30	31 <b>Halloween</b>				

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