

## Stay healthy: Get connected

Staying connected with people is essential to both your mental and physical well-being. Yet the modern world has made it more difficult to be part of a community. Families move apart, and longer workdays leave us little time to get to know our neighbors. Keep in mind that community can be found virtually anywhere. At work, make an effort to get to know more of your colleagues and spend time with them outside the workplace. There's also evidence that people who go to church tend to be more physically and mentally healthy. And some experts even say that simply giving your neighbor a nod can help.

—adapted from the Daily Record

## September Dates

September 16-22

Prostate Cancer Awareness Week.

To encourage screening for prostate cancer among men 50 and older and among those in high-risk groups. Annually the third week of September.

Sept. 16-22

Ovarian Cancer Awareness Week.

To raise awareness of the need for early detection and treatment of ovarian cancer.

## September Is.....

**Baby Safety Month.** To ensure the safety of infants, especially when it comes to furniture and toys.

**Children's Good Manners Month.** To encourage adults to develop courtesy and good manners in their children.

**International Self-Awareness Month.** To develop self-knowledge in order to better understand the world around you.

**Library Card Sign-Up Month.** To encourage the use and enjoyment of public libraries.

**National Cholesterol Education Month.** To promote awareness of cholesterol's role in one's overall health.

**National Coupon Month.** To encourage consumers to save money through coupons.

**National Hispanic Heritage Month (Sept. 15-Oct. 15).** To recognize and celebrate the contributions of Hispanic-Americans in all aspects of life, from science and technology to labor and social services.

**National School Success Month.** To recognize parents who tirelessly support their children in their academic endeavors.

## September Dates

September 17-23 / National Historically Black Colleges and Universities Week.  
To honor those learning institutions that first served the higher-education needs of African-Americans.

Sept. 22-30 / Religious Freedom Week.

To commemorate the anniversary of the Bill of Rights and the right to believe and practice the religion of one's choice.

Sept. 23-29 / Deaf Awareness Week.

To celebrate and promote deaf culture, American Sign Language and deaf heritage.

