



A focus on health

Description

International health awareness days educate us on health issues, either to be more inclusive and understanding of what others might be experiencing, or as a call to action to highlight the importance of prevention through healthy choices.

World No Tobacco Day

(31 May)

This year's theme centred around protecting children from the dangerous health effects of tobacco use. Across the world, young people urged their governments to shield them from predatory tobacco marketing tactics. Of particular concern was e-cigarettes, which children are using at rates higher than adults in all regions of the world, with an estimated 37 million youth aged 13–15 years now using tobacco this way.



National Cancer Survivors Day®

(2 June)

On this day we celebrate all who have survived cancer and are an inspiration to those who have been recently diagnosed with this disease. The day is also a show of support to the families of cancer patients and a means to reach out to the community to help in whatever way they can.



World Blood Donor Day

(14 June)

Worldwide, this day raises awareness of the need for safe blood and blood products – and celebrates blood donors for their voluntary life-saving gift. Transfusions save millions of lives every year, and can help patients suffering from life-threatening conditions live longer, better quality lives. Donating one unit of blood can save up to three lives.

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Men's Health Month

(June)

Men's Health Month raises awareness of preventable health issues and encourages early detection and treatment of disease among men and boys. Thousands of awareness activities across the globe give public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

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World Drug Day

(26 June)

Drug abuse is a complex issue that affects millions of people worldwide, and the stigma of addiction can prevent people from seeking the help they need to live a healthy life.

World Drug Day aims to strengthen action and cooperation in achieving a world free of drug abuse in a judgement-free manner that champions compassion, respect and human dignity. If you, or someone

you know, is struggling with substance abuse, please reach out to the AfroCentric Wellness Team.



Physical Wellness

To be physically well, we need to do exercise, eat healthy, get enough sleep and take care of our bodies, all of which helps to decrease the risk of some health problems, including heart disease, stroke, diabetes and high blood pressure. Physical wellness also helps in managing anxiety and depression.

Here are 5 tips to get you started on your physical wellness journey:

1. Start an exercise routine to maintain healthy bones, muscles and joints
2. Set aside time to meditate to boost your mental health
3. Create a good sleep routine and avoid electronics right before bedtime
4. Ditch fastfood and eat healthy home-cooked alternatives
5. Drink more water to filter out waste and help carry nutrients



Category

1. Our Wellness