



*The Heart of a
Healthy Community*

May 2021 Health Observances

Month:

- [American Stroke Awareness Month](#)
- [Arthritis Awareness Month](#)
- [Better Hearing and Speech Month \(Speech Therapy Month\)](#)
- [Brain Tumor Awareness Month/Go Gray in May](#)
- [Employee Health & Fitness Month](#)
- [Healthy Vision Month](#)
- [Huntington's Disease Awareness Month](#)
- [Lupus Awareness Month](#)
- [Mental Health Month](#)
- [National Asthma and Allergy Awareness Month](#)
- [National Hepatitis Awareness Month](#)
- [National Osteoporosis Month](#)
- [National Physical Fitness and Sports Month](#)
- [Neurofibromatosis Awareness Month](#)
- [Older Americans Month](#)
- [Oncology Nursing Month](#)
- [Skin Cancer Awareness Month](#)
- [Trauma Awareness Month](#)

Weeks:

- May 2 – 8, [North American Occupational Safety and Health Week](#)
- May 6 – 12, [National Nurses Week](#)
- May 9 – 15, [National Hospital Week](#)
- May 9 – 15, [National Skilled Nursing Care Week](#)
- May 9 – 15, [Women's Health Week](#)
- May 16 – 22, [Emergency Medical Services \(EMS\) Week](#)
- May 16 – 22, [National Biomedical/Clinical Engineering Week](#)

Days:

- May 5, [World Asthma Day](#)
- May 5, [World Hand Hygiene Day](#)
- May 5, [World Maternal Mental Health Day](#)
- May 6, [National Nurses Day](#)
- May 12, [Chronic Fatigue Syndrome Day](#)
- May 20, [National Stop the Bleed Day](#)
- May 20, [World Autoimmune and Autoinflammatory Arthritis Day](#)
- May 21, [Put on Purple Day](#)
- May 26, [National Senior Health and Fitness Day](#)
- May 31, [World No Tobacco Day](#)

BOARD OF SUPERVISORS

COL. PAUL COOK (RET.)
First District

JANICE RUTHERFORD
Second District

DAWN ROWE
Vice Chair, Third District

CURT HAGMAN
Chairman, Fourth District

JOE BACA, JR.
Fifth District

LEONARD X. HERNANDEZ
Chief Executive Officer