



HEALTH INFORMATIONHEALTH OBSERVANCES

Healthy resource roundup, May 2023

There are a number of important health observances happening in May. We have compiled a variety of resources so that you have quick, easy access to tips and information to help you get healthier.

May Health Observances

Employee Health and Fitness Month

- From the National Association for Health and Fitness, [what is Global Employee Health & Fitness Month?](#)

National High Blood Pressure Education Month

- Learn about [An Effective Approach to High Blood Pressure Control](#)
- From the American Heart Association, obtain [high blood pressure tools and resources](#)
- From the Health Advocate blog, learn why [blood pressure screening is key](#)

Better Sleep Month

- From BetterSleep.org, learn about [how to get quality sleep during stressful times](#)
- From the Health Advocate blog, [top tips to improve your sleep](#)

Mental Health Awareness Month

- From the Health Advocate blog, how to [make mental health a priority](#)
- Also from the Health Advocate blog, [tips to reduce worry during the COVID-19 pandemic](#)

Stroke Awareness Month

- Get [resources](#) for survivors of stroke, for caregivers, and family from Stroke.org
- From the Health Advocate blog, learn the [signs of a stroke](#)

More from the Health Advocate blog

Check out some of our latest posts:

- [The whole-body effects of stress relief](#)
- [Creative ways to preserve family memories](#)
- [Top tips for women's health](#)
- [Building your self-care toolbox](#)

Turn to us—we can help.



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