

MARCH WELLNESS SPOTLIGHT

Centra Health Stroobants / March 2019 / Emily Wallace

PULMONARY REHAB BENEFITS:

- Experience less difficulty with breathing
- Increase muscle strength and endurance
- Improve ability to do daily activities
- Understand how to use medications and oxygen correctly
- Improve quality of life
- Reduce hospitalizations

March is here and full of busy days ahead. Take a look to see what's happening this month!

Pulmonary Rehab Week: March 10-16th. Pulmonary Rehabilitation is essential to enhancing the quality of life of individuals with lung disease. Exercise your right to breath this month!

MS Awareness Week: March 10-16th. Multiple Sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. During this week, the National MS Society is aiming to bring awareness to help others learn about the complexity of this unpredictable disease.

Brain Injury Awareness Day: March 13th. Brain injuries are often unpredictable in its consequences. It affects the way individuals think, act and talk. In recognition of Brain Injury Awareness Month, the United States Brain Injury Alliance is taking steps to increase awareness about brain injuries, including prevention, recognition, and response.

Workplace Eye Wellness Month. Each day over 2,000 Americans suffer an eye injury. Too much screen time and not enough breaks can cause headaches, inattentiveness, neck pain and back pain. Look for ways to improve eyesight such as blue light vision and time away from the computer.

Kidney Awareness Month. One in three Americans are at risk for kidney disease due to diabetes, high blood pressure or family history. The National Kidney Foundation (NKF) is offering free screenings to anyone who is at risk for Kidney Disease.

Make a difference in your community this month by encouraging others and bringing awareness about many different health opportunities this month.

www.mymsaa.org, www.aacvp.org, www.biausa.org, www.yoursightmatters.com, www.kidney.org