

OCTOBER 2024

Health Literacy Month

Health literacy is the degree to which individuals have the capacity to obtain, process and understand basic health information needed to make appropriate decisions. A health care provider may use medical language you're unfamiliar with or don't understand. This is why it's essential to know how health-literate you are.

October is Health Literacy Month. Those with low health literacy may not receive equal medical and behavioral care because they do not have the same level of understanding as their provider. Ways to improve health literacy include asking questions, researching your medical conditions, checking for handouts or materials at the doctor's office and having further conversations with your provider.

Reach out to us today for more health-related resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Domestic Violence Awareness Month Eye Injury Prevention Month Health Literacy Month National Breast Cancer Awareness Month National Bullying Prevention Month				National Dental Hygiene Month National Down Syndrome Awareness Month National Physical Therapy Month Sudden Cardiac Arrest Awareness Month Sudden Infant Death Syndrome (SIDS) Awareness Month	
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day Indigenous Peoples' Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween Diwali		