

Coping with Worry and Stress - Wellness Tips



Welcome to your WEEKLY dose of wellness!

This week's message: **NATIONAL IMMUNIZATION MONTH**



Whether you are on the front lines of one of our outstanding facilities supporting patients and families, staying home supporting caregivers and the business, or on furlough due to lack of work, you are part of the LifeBridge Health "Care Bravely" Family. We continue to share daily tips and resources with you and we hope you find something helpful for your current situation. The themes centered on *body, heart, head, and spirit*.

This week's message is National Immunization Month. With the school season getting underway, August is the dedicated time to build awareness for Immunizations. Many schools are starting back in a virtual setting or a combination of virtual and in person. In either case, immunizing our children is vital, now more than ever, as we are living in this new pandemic world. But wait, immunizations aren't just for kids, all of us at every age need to participate! Be a good steward for our world, our country, your community, and your family - Protect yourself, protect others, protect those who are most vulnerable. **Explore the links below** to learn more about immunizations.



[Vaccine-Immunization Schedules](#)

[CDC - Toolkit](#)

[National Vaccine Information Center](#)



[TEDx video - "Why I Changed my Mind on Vaccines"](#)

[Vaccines Needed After 50](#)

[Flu Shot - Frequently Asked Questions](#)

