

Coping with Worry and Stress - Wellness Tips

Welcome to your WEEKLY dose of wellness!

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



This week's message is National Immunization Month. August is the time dedicated to build awareness for Immunizations. Immunizing our children is vital, now more than ever. But wait, immunizations aren't just for kids, all of us at every age need 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"](#)

[Vaccine Needed After 50](#)

[Flu Shot - Frequently Asked Questions](#)

