

# Coping with Worry and Stress - Wellness Tips



Welcome to your WEEKLY dose of wellness!

This week's message: **WORLD HEPATITIS DAY**



This week's message is **World Hepatitis Day**. This day is recognized annually on July 28th, the birthday of Dr. Baruch Blumberg (1925–2011). Dr. Blumberg discovered the hepatitis B virus in 1967, and 2 years later he developed the first hepatitis B vaccine. These achievements culminated in Dr. Blumberg winning the Nobel Prize.

Organizations around the world, including WHO and CDC, commemorate World Hepatitis Day to raise awareness of the problem of viral hepatitis, which impacts more than 325 million people worldwide. Explore the links below to learn more about Hepatitis A, B, C, D, and E. Learn about the differences in each and tips for avoiding infection.



[The CDC - World Hepatitis Day](#)

[Hepatitis-Free Future \(WHO\)](#)

World Hepatitis Day  
2020: time to

Find The Missing Millions.

[Find the Missing Millions - 2020 Theme](#)



[Video: Hepatitis Prevention](#)

[2020 Message - Bill's Story](#)

