SAGINAW CHIPPEWA INDIAN TRIBE OF MICHIGAN
"Working Together for Our Future"
7500 Soaring Eagle Blvd. Mt. Pleasant, MI 48858 | **989.775.4000** | **www.sagchip.org**

Saginaw Chippewa Health & Human Services

DECEMBER HEALTH AWARENESS

KEY OBSERVANCES

"A Season of Wellness, Compassion, and Community — Caring for Mind, Body, and Spirit."

December Awareness Days:

December 1:
World AIDS Day

HIV prevention, education, testing, treatment, and reducing stigma.

December 2:
Special Education Day

Supporting children with disabilities, educational access, and family advocacy.

December 3:
International Day of Persons with Disabilities

Promoting inclusion, accessibility, and equitable healthcare.



December 5:
International Volunteer Day

Recognizing Community service, compassion, and volunteerism.

December 10:
Human Rights Day

Promoting dignity, respect, equity, and access to essential services.

December 12:
Universal Health Coverage Day

Highlighting accessible, affordable, and comprehensive healthcare.

December Health Awareness Weeks:

December 1-7:
Crohn's and Colitis Awareness Week:

Digestive health education
and chronic disease support.

December 6-12:
National Handwashing Awareness Week

Hand hygiene and infection prevention.

December 6-12:
National Influenza Vaccination Week

Seasonal influenza prevention and vaccination awareness.

December 7-11:
Older Driver Safety Awareness Week

Elder independence, mobility,
and transportation safety.

December Month-Long Awareness and Wellness Campaigns:

Safe Toys and Gifts Month:
Promoting child safety and injury
prevention during the holiday season.

Chronic Disease Management:
Encouraging healthy holiday nutrition,
physical activity, and continuity of care.

National Impaired Driving Prevention Month:
Encouraging responsible decisions
and preventing alcohol
and drug-impaired driving.

Holiday Mental Health and Emotional Wellness:
Promoting stress management,
grief support, resilience,
and emotional well-being.

Seasonal Influenza and Respiratory Illness Awareness:
Supporting vaccination, prevention, and
protection of vulnerable populations.

Winter Wellness and Elder Safety:
Emphasizing fall prevention, medication
safety, nutrition, warmth, and Elder support.

SAGINAW CHIPPEWA HEALTH & HUMAN SERVICES

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CARES: Care • Accountability • Respect • Excellence • Stewardship

"One SHHS. One Team. Working Together for Our Community."

Nimkee Memorial Wellness Center
Nimkee Behavioral Health
Anishnaabeg Child & Family Services
SHHS: Andahwod CCC&ES