

May is:



2016 National ASTHMA & ALLERGY Awareness Month

According to the **Allergy & Asthma Foundation of America**, “There is no cure for asthma and allergies, and many deaths are preventable with proper treatment and care. Ten people a day die from asthma. Asthma affects 24 million Americans. And 6.3 million children under the age of 18 suffer from asthma. More than 50 million Americans have all types of allergies – pollen, skin, latex and more. The rate of allergies is climbing.” Check out their website to learn more, locate events, and share awareness messages: <http://www.aafa.org/page/asthma-and-allergy-awareness-month.aspx>

National Physical Fitness and Sports Month



The **President's Council on Fitness, Sports & Nutrition** is challenging you to be active this May & Beyond! Physical activity goes hand-in hand with proper nutrition to provide long term health benefits. Visit: <http://www.fitness.gov> for ideas, facts, & programs to explore on this great site!

