



OFFICE ON MINORITY HEALTH

October 2020 Minority Health Newsletter

October 4th through 10th is Mental Illness Awareness Week. Mental Illness Awareness week aims to educate individuals, provide support and most of all fight the stigma surrounding mental illness.

Mental illness is a condition that can affect the way a person thinks, feels, behaves

Millions of Americans live with a mental health condition with anxiety disorders affecting 40 million adults or 18.1% of the population.

It is okay to not be okay.

For the most updated information on COVID-19 click below:

[COVID-19 Information](#)

[How to Be Physically Active While Social Distancing](#)

Getting physical activity can be a challenge while staying at home. However, it's possible—and important—to be physically active while social distancing. Physical activity reduces blood pressure and anxiety and helps you sleep better. It can also help to improve mood and energy level

[Read More](#)

Join us for our virtual Office of Minority Health Advisory Meeting on October 19th at 11am, Register by clicking here!

Summit County Public Health | 1867 W. Market St., Akron, OH 44313

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