

SUNDAY MORNING Health Corner

Health Literacy Month

October is Health Literacy Month, a time for us to promote the importance of health literacy and empower individuals to take control of their health. It's essential that we arm ourselves with information before visiting the doctor. Knowing what to ask your doctors can make a significant difference in getting the best care possible.

For **African Americans**, health awareness is especially important. Certain conditions, such as diabetes, hypertension, and heart disease, are more prevalent in our community, and awareness can be the key to early detection and treatment. This month, let's commit to advocating for our health by learning what we need to know and asking the right questions.

Check out this handy tool to see which tests or screenings you need to stay healthy!



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