



The month of December features the following health observances to create awareness about these important topics:

- World AIDS Day, December 1st: A day to recognize those affected by HIV/AIDS and promote education and prevention.
- International Day of Persons with Disabilities, December 3rd: A day promoting the rights and well-being of persons with disabilities.
- Crohn's and Colitis Awareness Week, December 1-7: Sheds light on those affected by inflammatory bowel disease and the challenges they face.
- National Handwashing Awareness Week, December 2-8: Good hand hygiene is simple and an effective way to prevent the spread of germs. Wash with soap and water before preparing food and eating and after using the bathroom, blowing your nose, coughing, and sneezing to help reduce illness.
- National Influenza Vaccination Week, December 4-8: There is still time to get vaccinated against the flu. It can help prevent flu illness and potentially serious complications.
- National Impaired Driving Prevention Month, December 1-31: About 1/3 of all traffic crash fatalities in the U.S. involve alcohol-impaired drivers. This is a time to remember those lost and prevent future deaths by making responsible decisions.

We hope you can make time for reflection during this hectic holiday season. As we celebrate Advent may you find hope, peace, joy, and love.

Christmas Day Prayer

Jesus, you came to be light in our darkness.
Jesus, you came to be peace in our conflicts.
Jesus, you came to be joy in our sadness.
And, to bring your love in our fears.
Today we celebrate your birth.
Thank you for your saving grace.
Amen.