



## Your Health Matters

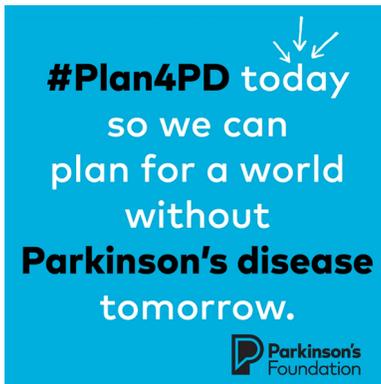
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Parkinson's disease is a progressive nervous system disorder that affects movement. Having a plan in place can better prepare us for the challenges Parkinson's may present. Click the image below to learn about The Parkinson's Foundation.



## April is Alcohol Awareness Month

According to the 2018 National Survey on Drug Use and Health, approximately 14.8 million people age 12 or older had an alcohol use disorder. People who are shut in and struggling with addiction before this crisis may be in worse shape today. [Click here](#) to learn more.



## National Public Health Week is the first week of April

Each day of National Public Health Week focuses on a particular public health topic to identify ways to make a difference on that topic and create the healthiest nation. Click the image on the right for more information.



NATIONAL  
**PUBLIC  
HEALTH  
WEEK**