



According to the U.S. Department of Health & Human Services, April is National Minority Health Month (NMHM). It is an opportunity to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and encourage action through health education, early detection, and control of disease complications.

We've all heard the phrase "Knowledge is Power," but what does that really mean? Sharing knowledge can further inform, educate and empower others in understanding topics that they may not be aware of otherwise. Take a few minutes to learn more about health disparities and how you can help yourself or someone else by gaining knowledge to share with others.

Learn more about Minority Health Disparities at: <https://www.nimhd.nih.gov/resources/understanding-health-disparities/>

Learn more about Medina County's Community Health Assessment: <https://medinahealth.org/community/data-reports/community-health-assessment/>

The Medina County Health Department is an excellent resource where you can access Medical & Dental Services whether you have insurance or not. Click on the following link below to see all of the services provided and how you can schedule an appointment at either the Medina or Wadsworth location.

<https://medinahealth.org/healthcenter/>

-Pam Wheeler
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