

# AccessLine

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As we roll into August, we want to acknowledge a month of special significance for public health and personal well-being. August is Immunization Month, we celebrate vaccinations' crucial role in safeguarding our communities from infectious diseases. It's also National Wellness Month, a time to prioritize self-care and maintain a balanced, healthy lifestyle. Join us this August as we raise awareness about immunization and embrace practices that promote overall wellness, ensuring a brighter and healthier future for all.



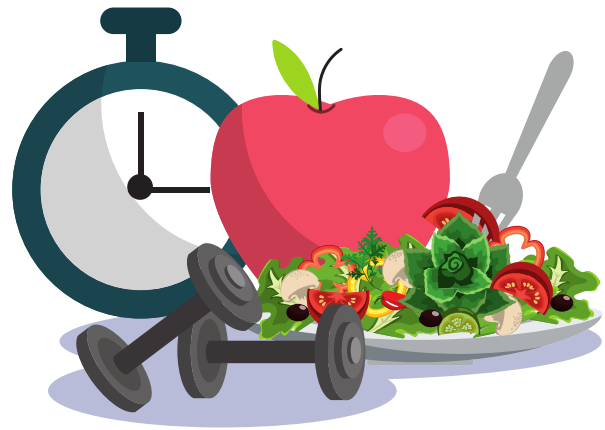
## Strengthening Immunity for a Safer Community

The Boost Up Cook County Campaign promotes the importance of vaccination in preventing infectious diseases. The campaign focuses on combatting COVID-19, highlighting the significance of initial vaccinations and booster shots. By becoming fully vaccinated, each of us contributes to building a stronger shield against preventable illnesses, safeguarding our community's well-being.

Throughout Immunization Month, the Boost Up Cook County Campaign acknowledges the efforts of healthcare professionals, community leaders, and volunteers who make vaccination accessible to all residents. The campaign ensures everyone can easily access the protection they need through vaccination drives and community outreach programs.

Let's rally behind the Boost Up Cook County Campaign and enhance our community's health. Together, we can increase vaccine uptake and reduce the spread of infectious diseases.

[Click here for more information from Cook County Department of Public Health.](#)



## Coming Up: National Wellness Month

National Wellness Month is a time dedicated to embracing a holistic approach to health and well-being. Throughout this month, we invite you on a journey of self-discovery and self-care, focusing on physical, mental, and emotional wellness. It's an opportunity to step back from our busy lives and prioritize our health, building habits that will lead to amore balanced and fulfilling life.

Take the time to assess your daily routines and identify areas that can be improved. Small changes can significantly impact your overall well-being. Try some of the following:

- Regular exercise
- Mindful eating
- Meditation
- Connecting with loved ones

Join us in spreading the message of National Wellness Month and inspire others to prioritize their health and happiness this month and all year round.