



“HEALTH IS A HUMAN RIGHT. NO ONE SHOULD GET SICK AND DIE JUST BECAUSE THEY ARE POOR, OR BECAUSE THEY CANNOT ACCESS THE HEALTH SERVICES THEY NEED.”

Dr Tedros Adhanom Ghebreyesus, Director-General WHO



“Health is the most important thing and we do not realize it until we lose it. Let us take good care of it.

Happy World Health Day.”



Notes:

April

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5 Passover starts	6	7 Good Friday World Health Day	8
9 Easter	10	11	12	13 Passover ends	14	15 Tax Day
16	17	18 Laylat al Qadr	19	20	21 Eid al-Fitr (Ramadan ends)	22 Earth Day
23	24	25	26	27	28	29
30	Health Tip: Alcohol Awareness Month Drinking more than the recommended amount can increase your risk of accidents and injuries. Regularly drinking too much also increases your risk of developing health problems like: heart disease, cancer, liver disease, mental illness and brain damage.					