

NATIONAL IMPAIRED DRIVING PREVENTION MONTH

- More than 10,000 people in the US die each year in a crash involving an alcohol-impaired driver.
- 12.6 million Americans reported driving under the influence of Marijuana or other Illicit drugs in 2018.
- While alcohol and drugs account for much of the impaired driving in the US, impaired driving can also mean the driver is fatigued, distracted, or has a medical condition that can cause sudden unconsciousness.

Find out more at: [CDC.gov](https://www.cdc.gov) and [AccidentDoctor.org](https://www.AccidentDoctor.org)



MENTAL HEALTH CORNER

Financial Health Tips

- Track your sources of income and know what you expect.
- Use a spending tracker to learn where your money is really going.
- Use a calendar to write down due dates for bills.
- Find a budgeting system that works for you and create a monthly budget.
- Compare your month-to-month spending.
- Create an Emergency Savings Account and start setting aside what you can into that fund.
- Put extra money into savings when you have it.

Find out more at: [ConsumerFinance.gov](https://www.ConsumerFinance.gov)