

NATIONAL DONATE LIFE MONTH

Did You Know?

- One organ donor can save up to 8 lives and one tissue donor has the potential to help up to 75 people.
- Over 100,000 people are currently waiting for an organ transplant in the US.
- Your life will always come first-- your status as an Organ Donor will not change the quality of your medical care.
- Everyone regardless of age or health should consider being an organ donor. Only your medical condition at the time of death will determine what organs can be donated.
- You can register to be a donor when you receive or renew your driver's license or online at registerme.org

Find out more at DonateLife.net

MENTAL HEALTH CORNER

April is National Humor Month

Laughing can give you many health benefits, including:

1. Stress Relief- Laughter lowers stress levels, as it disarms your nervous system.
2. Stronger Social Bonds- Humans are social creatures and people love a good sense of humor. Sharing a laugh with someone naturally creates a bond between you.
3. Higher Oxygen Levels: Laughter brings in extra oxygen to your body which in turn, decreases your heart rate and helps you think more clearly.
4. Heart Health- Laughter increases blood flow, decreases stress hormones, and reduces your risk of heart attack. Laughing really is good for the heart!

Find out more at ClevelandClinic.org



**APRIL IS
CHILDHOOD
ABUSE
PREVENTION
MONTH**

