[This Photo](https://www.flickr.com/photos/clifsnotes/33308923546/) by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-nc-sa/3.0/)

620 SE Oak Street, Suite E, Hillsboro, OR 97123 | 503.747.3096

Pearlintegrativemedicine.com

Email us at info@pearlintegrativemedicine.com

March 2019

* World Kidney Day
	+ On Marth 14th, you can join the global campaign to raise awareness on kidney health by learning more about preventative healthcare and the available public screenings across the world. To learn more about risks and symptoms of kidney disease, or for more information on how to stay informed about the importance of your kidneys and their role for keeping you healthy, please visit: <https://www.worldkidneyday.org/>
* Purple Day – Globally Supporting Epilepsy
	+ March 16th or Purple Day is one of the days during the year when we can all learn more about epilepsy and the community affected. Purple Day is an international effort to help raise awareness and bring people together. You can learn more about any events near you, become a participant or an ambassador by visiting: http://www.purpleday.org/

Happening in Health this Month

────

National Nutrition Month

During the month of March, celebrate National Nutrition Month and learn how people from different backgrounds and ages can learn some healthy eating tips. To discover guides to nutritional meals and how to make and reach nutrition goals, please visit: <https://www.choosemyplate.gov/national-nutrition-month>

────

World Sleep Day

Join in on the celebration of sleep on March 15th. On World Sleep Day we are reminded of the importance of sleep and the matters surrounding sleep - such as medicine, sleeping disorders, education, and driving. To learn more about World Sleep Day and these issues, please visit: <http://worldsleepday.org/>

***P***earl Integrative Medicine