

Diversity, Equity, and Inclusivity

Advancing Equitable Opportunities



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May Cultural Heritage Highlights



Asian American and Pacific Islander Heritage Month

The AAPI umbrella term includes cultures from the entire Asian continent—including East, Southeast and South Asia—and the Pacific Islands of Melanesia, Micronesia and Polynesia.

[Books to Celebrate Asian American and Pacific Islander Heritage Month](#)

[To learn more about Asian Pacific American Heritage Month](#)

[Asian Pacific American Heritage Art Exposition Opening Reception](#)

[To learn more about AAPI Heritage Month](#)



Jewish American Heritage Month

Celebrate the heritage, culture, and contributions of [Jewish Americans](#)

Learn about the [American Jewish Experience](#)

[To learn more about The Jewish Community](#)

[More learning resources about Jewish American Heritage](#)



Haitian Heritage Month

[New York City's Inaugural Haitian Heritage Parade](#)

A Celebration of Haitian Culture

Saturday June 3, 2023 | Central Park West, NYC at 10am

Haitian Heritage Month is a nationally recognized month celebrated in May every year. It is a great time to celebrate the vibrant culture, distinct art, delectable cuisine, and to get to know people of Haitian origin. Haitian Heritage Month is an expansion of the annual Haitian Flag Day, which falls on May 18. Haiti was the first Black republic in the world to free itself from colonial rule. Today, the Haitian community exhibits these nuances of their history through their art, literature, costumes, faith, and life.

To learn more about [Haitian Heritage Month](#)

Ways to [Celebrate Haitian Heritage Month](#)



May 29, 2023: Memorial Day

A solemn occasion to honor the men and women who died while serving in the military.

[To learn more about the history of Memorial Day](#)

[The Untold Story of Memorial Day](#)

[National Memorial Day Concert](#)



May 5, 2023: Cinco de Mayo

This May multicultural holiday has real significance for Mexican Americans. It celebrates Mexico's defeat of the French Army. Read the real story and support a Mexican business in your community as a way to celebrate.

[To learn more about Cinco de Mayo](#)



Mental Health Awareness Month

2023 Mental Health Month campaign is focused on how surroundings impact mental health, and we are calling for individuals to look around, look within.

[To download the 2023 Mental Health Awareness Toolkit](#)

[To learn more about Children's Mental Health Awareness Day](#)

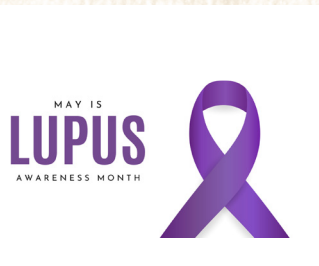


May 16, 2023: Celiac Awareness Month

On Tuesday, May 16, 2023, in honor of International Celiac Disease Awareness Day, the Celiac Disease Foundation will support schools nationwide for an awareness day called Celiac Strong Day.

[To learn more about Celiac Disease](#)

[Become a Student Ambassador for Celiac Strong Day](#)



Lupus Awareness Month

Lupus is a chronic (long-term) disease that can cause pain and inflammation in any part of the body. Lupus is an unpredictable and misunderstood autoimmune disease. It is difficult to diagnose, hard to live with, and a challenge to treat. Lupus has a range of symptoms, and strikes without warning.

[To learn more about Lupus](#)

[Support and resources about Lupus](#)



Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

[To learn more about Older Americans Month](#)

[Older Americans Month Activity Ideas](#)



30-May World Multiple Sclerosis Awareness Day

2023 World MS Day theme is 'connections'. MS Connections is all about building community connection, self-connection and connections to quality care. Together, we advocate for better services, celebrate support networks and champion self-care. Change the future, find your #MSConnections.

[Find out more: https://worldmsday.org/](https://worldmsday.org/)

