



WELLNESS CALENDAR | JUNE 2022



SU	MO	TU	WE	TH	FR	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JUNE HEALTH OBSERVANCES

June is National Men’s Health Awareness Month. Its aim is to encourage males to seek regular medical advice and early treatment for disease and injury. Many male health problems are preventable with proper care; and men can live longer by learning the latest health facts, listening to their bodies, and getting regular health screenings. Visit the [Men’s Health Network](#) for online resources on health awareness and disease prevention, including [Talking About Men’s Health](#).

June is Alzheimer’s & Brain Awareness Month, a time to show support for those living with dementia and raise awareness about the disease. Alzheimer’s is a form of dementia that affects memory, thinking, and behavior, and eventually leads to the inability to accomplish daily tasks. Visit the [Alzheimer’s Association](#) to learn more about the latest research on the disease, causes, risk factors, treatment, and more.

JUNE EVENTS & ACTIVITIES

All webinar times are 12 PM unless otherwise stated.

- 1 [The Symptoms of Burnout & How to Take Action](#)
- 7 [Rest, Relax, and Sleep for Weight Loss](#)
- 8 [How Managers Can Foster Wellness for Their Team - Part 1](#)
- 14 **FLAG DAY**
- 15 [Prioritizing Self-Care: Simple Changes to Make a Routine](#)
- 16 [What Makes Men’s Health Unique](#)
- 19 **FATHER’S DAY & JUNETEENTH**
- 23 [Tips to Maximize Your Credit Score](#)
- 29 [An Attitude of Gratitude: How to Practice Gratitude](#)



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