

MEN'S HEALTH MONTH



3 Ways to Take Care:

1.) Eat Healthy - Start simple by not oversizing your portions and making sure to eat a healthy breakfast.

2.) Get Moving - Choose activities that you enjoy like doing yard work or playing with your kids or grandkids.

3.) Make Prevention a Priority - Get regular check ups so you can treat conditions early.

MENTAL HEALTH CORNER

PTSD Awareness Day is June 27, 2021

- It is normal for most people to have trouble adjusting after a traumatic event, but if it's not getting better with time, and symptoms are severe, it may be a sign of PTSD.
- Anyone who has gone through a traumatic event such as a car accident, assault, combat, or other life threatening and scary events could develop PTSD.
- PTSD is treatable. If you are experiencing extreme stress or other symptoms following a traumatic event, seek help from your Health Provider or Mental Health Professional.

Find out more at: va.org

Did You Know?

June 6th is National Gardening Exercise Day and June 13th is National Weed Your Garden Day! Get outside in the fresh air and get active while being productive this month!

