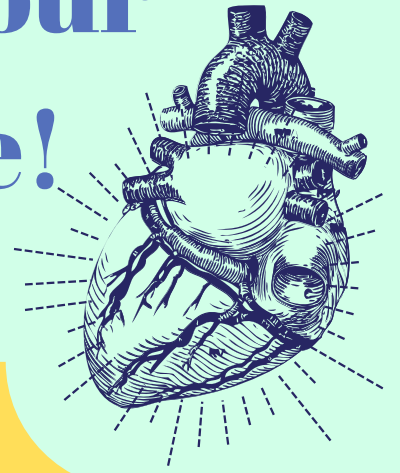


Wear Your Heart on your Blue Sleeve this June!

JUNE IS NATIONAL MEN'S HEALTH MONTH



Every year Healthy Lifestyles celebrates men's health with the rest of the nation.

This year the Healthy Lifestyles Live Blue Men's Health awareness program will begin on June 3rd and run through June 28th.

We hope you will join us!

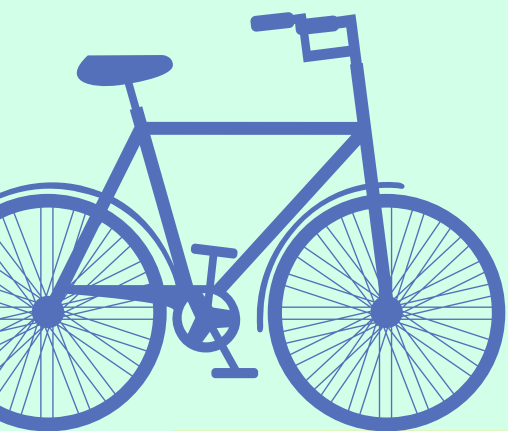
Healthy Lifestyles will be focusing on four special topics and how they relate to men's health:

CANCER

HEART HEALTH

MENTAL HEALTH

SELF CARE



Healthy Lifestyles is providing several opportunities to earn program points throughout the month of June...

YOU COULD EARN A POTENTIAL TOTAL OF 65 PTS. FOR THE MONTH!!

LIVE BLUE EVENTS

Week 1: St. Mark's Lunch N' Learn on skin cancer
- June 7th (10 points)

Week 2: Participate in National Wear Blue Day with your work site
- June 14th (no points)
please share your photos with us!

Week 3: Healthy Lifestyles presentation on Mental Health
- June 19th (10 points)

Week 4: St. Mark's Lunch N' Learn on Men's Health at All Ages
- June 24th (10 points)
Self-care Scavenger Hunt
- June 26th (15 points)

Register [HERE](#) if you are interested in hosting an offsite scavenger hunt

Four weekly newsletters will also be worth 5 points each!

Points for exploring the newsletters will be based on participation in a short three question survey attached to the conclusion of each newsletter.

Register [HERE](#) for St. Mark's Lunch n' Learn on Skin Cancer
June 7th from 11:30 a.m. thru 1 p.m. at the Government Center

Register [HERE](#) for our Mental Health Talk
June 19th, 12 p.m. thru 1 p.m. at the Viridian Event Center

Register [HERE](#) for St. Mark's Lunch n' Learn on
Men's Health at Every Age
June 24th from 11:30 a.m. thru 1 p.m. at the
Government Center