

LIVE BLUE *Men's Health Month* June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Prostate & Skin Cancer Awareness Week 1 Newsletter</i>	4	5	6	7 St. Mark's Lunch n' Learn 11:30-1:00 @ the Gov't Center South Atrium/ S1-120
10 <i>Heart Health Awareness Week 2 Newsletter</i>	11	12	13	14 Wear BLUE Day!
17 <i>Mental Health Awareness Week 3 Newsletter</i>	18	19 Mental Health & Stress Management Presentation 12:00pm - 1:00pm @ the Viridian Center Parkview Room	20	21
24 <i>Self-Care Awareness Week 4 Newsletter</i> St. Mark's Lunch n' Learn Time: 11:30-1:00 @ the Gov't Center South Atrium/ County Council Chambers	25	26 Scavenger Hunt 10:00am - 4:00pm @ the Gov't Center Healthy Lifestyles S3-840	27	28

The Healthy Lifestyles team will be hosting the Live Blue Scavenger Hunt at the Government Center on **June 26th from 10AM- 4 PM.** If you are not located at the Government Center, see if your site or one near you is hosting a scavenger hunt that week. Participants that attend any presentation will earn **10 Healthy Lifestyles points**, and participants that complete a scavenger hunt event will earn **15 Healthy Lifestyles points**. Four weekly newsletters will also be worth **5 Healthy Lifestyles points** each. You can attend as many events throughout the month as you want, earning **a possible 65 Healthy Lifestyles points** for Live Blue activities. Contact the coordinator(s) to learn more details about their event. For their contact information, see the sheet below.



Event Date	Location	Event Time	Event Description	Coordinator(s)	Email Address/ Event Registration	Phone Number	HL Points Possible
6/7/2019	Government Center 2001 S. State St. SLC, UT 84109 <i>South Atrium/ S1-120</i>	11:30am – 1:00pm	St. Mark's Lunch n' Learn on "Avoiding Skin Damage and Cancer". Lunch will be provided in the South Atrium from 11:30am-12:00pm. The presentation will be in S1-120 from 12:00pm- 1:00pm.	Healthy Lifestyles	MyHealthyLifestyles@slco.org Register HERE	385-468-4062	10 points
6/14/2019	N/A	ALL DAY	Wear Blue Day! Wear Blue Day is a national campaign to raise awareness about men's health issues. Wear blue to work to show your support. Read more about the Wear Blue campaign HERE .	N/A	N/A	N/A	N/A
6/19/2019	South Redwood Public Health Center 7971 S 1825 W, West Jordan, UT 84088 <i>Parkview Room</i>	12:00pm- 1:00pm	Healthy Lifestyles presentation on Mental Health & Stress Management, "The Box". Snacks will be provided.	Healthy Lifestyles	MyHealthyLifestyles@slco.org Register HERE	385-468-4062	10 points
6/24/2019	Government Center 2001 S. State St. SLC, UT 84109 <i>South Atrium/ County Council Chambers</i>	11:30am – 1:00pm	St. Mark's Lunch n' Learn on "Men's Health Through All Stages of Life". Lunch will be provided in the South Atrium from 11:30am-12:00pm. The presentation will be in the County Council Chambers from 12:00pm- 1:00pm.	Healthy Lifestyles	MyHealthyLifestyles@slco.org Register HERE	385-468-4062	10 points
6/26/2019	Government Center 2001 S. State St. SLC, UT 84109 <i>Healthy Lifestyles Office S3-840</i>	10:00am- 4:00pm	Self-Care Scavenger Hunt! If you are unable to attend the scavenger hunt at the Gov't Center, see if your site or one near you is hosting a scavenger hunt during the week of June 24 th -28 th !	Healthy Lifestyles	MyHealthyLifestyles@slco.org	385-468-4062	15 points