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BANNER

The greatest wealth is health! Following are ideas for participating in Featured June and July health observances, but there are hundreds throughout the year. [Here](#) is where you can view them all.

1. June is Men's Health Month: Partners in Care for Better Lifespans Across the Lifespan.

Men's Health Month is a time to amplify awareness about how to improve the health of men, boys, and the families who care about them.

- **Action:** Explore the [Digital Media Toolkit](#) for online activities, articles, printable tools, and practical resources.
- **Action:** Offer male friends and family members a helpful nudge about the importance of preventive care.
- **[ED. NOTE: Customize with preventive care benefits at your organization.]**



2. June is Professional Wellness Month

Professional Wellness Month focuses on creating a healthy environment in the workplace. When we all contribute to building a "culture of health" job and personal satisfaction thrive.

- **Action:** Visit the employee portal or health plan website for a refresher about benefits that can help ensure lasting health and well-being.
- **Action:** Check with your doctor, clinic, or electronic health record to ensure preventive care is up to date. If not, schedule needed appointments right away.
- **[ED. NOTE: Customize with available workplace support such as workspace ergonomic checkups and wellness programs.]**

3. July is Minority Mental Health Awareness Month

People in racial/ethnic, gender, and sexual minority groups disproportionately experience mental health challenges. [National Minority Mental Health Awareness Month](#) addresses the many factors that have led to stigma and inequitable diagnosis and treatment.

- **Action:** Take a free, quick, confidential [mental health test](#) that is backed by science. Recovery is possible with the help of mental health professionals!
- **Action:** Visit the Mental Health America (MHA) Black, Indigenous, and people of color (BIPOC) [website](#) to learn how to uplift community members on their mental health journeys.
- **Action:** View the [LGBTQ+ Inclusion in the Workplace Guide](#) to ensure everyone feels safe and comfortable "bringing their whole selves" to work.
- **[ED. NOTE: Customize with organizational mental health resources.]**



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