



# ZEN VIBES



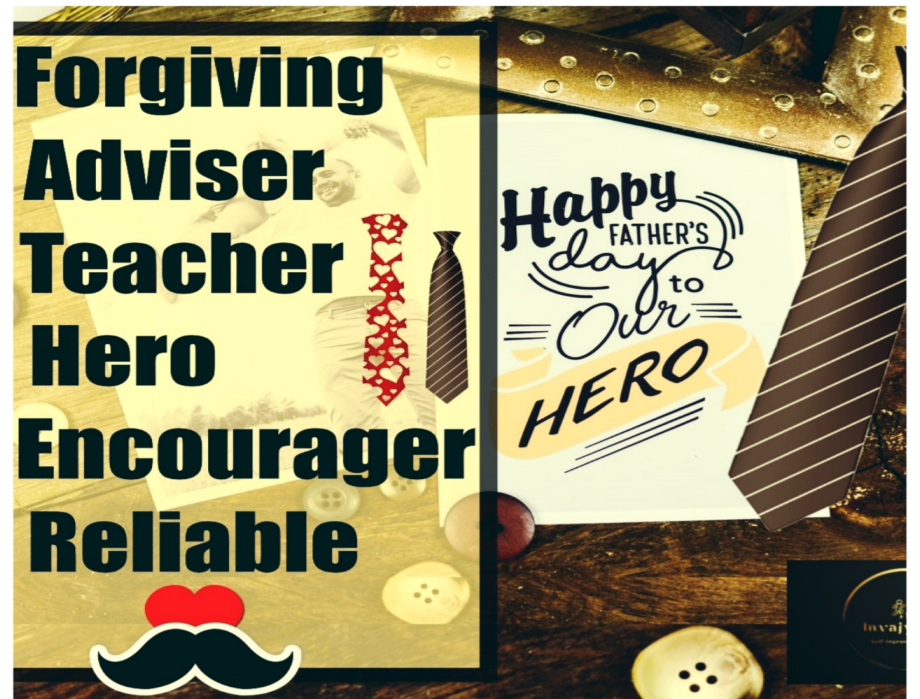
June, 2022

## Class of 2022

Congratulations to T'yara Petty for graduating with honors from Collins Hill High School. She will be attending Spelman College in the fall.



Alexandria Smith is a honor graduate from Claremont Lincoln University. We would like to congratulate Alexandria for receiving her masters in Human Resources Management.



## Laughter for the Soul

You heard the rumor going around about the butter?

Never mind, I shouldn't spread it.

I stayed up all night and tried to figure out where the sun was.

Then it dawned on me.

## JUNE AWARENESS

### National Men's Health Month

This month is all about encouraging the men in your life to take care of their bodies by eating right, exercising, and working to prevent disease.

There's several steps for men to follow to avoid bad habits.

#### 1. Change your diet

Minimize the amount of alcohol you may consume this month. Intake healthy fermented food.

#### 2. Set Goals

Take this time to reflect on your health. Do you want to be healthy? Set goals for yourself and work with your doctor to achieved them.

#### 3. Get Educated

Read about common health issue among men. Learn how you can prevent yourself from these issues.



### PTSD in Veterans

June is National Post - Traumatic Stress Disorder. There are so many veterans that have dealt with this disorder. It's time to raise public awareness about PTSD to reduce the stigma.

If you know someone that have PTSD or experiencing related symptoms, they should seek immediate attention. Contact the Department of Veterans Affairs medical facilities.

## JUNE BIRTHDAY

Your birthday comes along with bright and sunny days, June is such a special month in oh so many ways. Here's a birthday wish for happy days to come. and may your year be filled with laughter, joy and fun.







