

June 2021

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June, July and August Monthly Observances:

JUNE:

Safety Month

Fruit and Vegetable Month

JULY:

UV Safety Month

Fireworks Safety Month

Park and Recreation Month

AUGUST:

Immunization Awareness Month

Medic Alert Awareness Month



Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter

"SAY WHAT?"

Do I get the COVID-19 vaccine? Here are some reasons why you should:

1. It is safe and effective. (CDC)
2. It protects those around you. (CDC)
3. We can do more once fully vaccinated: meet FACE TO FACE with family and friends (CDC)
4. Travel without quarantining (UAB)

Should I or shouldn't I?

????????????????

HEALTHY DELICIOUSNESS WELLNESS CHAMPION

Simple and Refreshing Tomato Sandwich

1 tomato

Lettuce and onion (optional)

2 slices bread (your choice)

Light Miracle Whip or Oil and Vinegar on toasted bread

Sprinkle with pepper



This quarter's wellness Champion is Amber Marino. Amber demonstrates dedication, mental and emotional well-being, happiness, a desire to achieve set goals and a positive attitude. She is enthusiastic and inspiring to others every day. She is a wellness champion both at home and at work! She teaches both her daughter at home and those she supports the importance of making healthy choices! Congratulations Amber!



HEALTHY LIFESTYLE TAKEAWAYS

With the summer months right around the corner, we need to remember that while we love the warmth and brightness, we must also be mindful of summer safety in all aspects.

1. Drink fluids, even when not thirsty.
2. Limit exposure outdoors (especially between 11-3pm).
3. Never swim alone
4. When riding bike, ride single-file with traffic. <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/>

SUGGESTION ANSWERS

.There were no suggestions in the boxes around the agency.