

JUNE 2025

# WELLNESS EVENTS

HELPING YOU TO HELP OTHERS!

Your monthly wellness spotlight newsletter

## June is Men's Health Awareness Month

Available to all Employees Regardless of Insurance Coverage

Tuesday, June 17 at 3:30 p.m. - Wellness for Men: Live Better, Longer:  
Join to learn top men's health concerns, when to have appropriate screening and immunizations. We will also discuss daily steps to good health and various wellness resources to help you stay healthy at any age.

Monday, June 23 - Healthy Bones and Joints: Join to learn about ergonomics and Musculoskeletal Disorders (MSDs). You will also learn symptoms of MSDs and risk factors and different tips and stretching techniques for prevention and improvement. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

Wednesday, June 25 - Join to learn about ergonomics, how to set up your workstation to reduce injuries, and how to decrease pain with your body posture. Register HERE for 8:30 a.m. or Register HERE for 3:45 p.m. ONLY 15 MINS!

## Links You Can Share:

[Men's Health Topics and Resources](#)

[13 Must Know Men's Health Tips](#)

[Mayo Clinic: Men's Health Resources](#)

[Men's Health: Advice for Each Stage of Life](#)

“Keep your vitality. A life without health is like a river without water.”



STATE OF NEW MEXICO WELLNESS NEWSLETTER



Maxime Lagace