June 2022 Wellness Email

Subject line: June Well-being Update: Nature & Men’s Health

Dear XXX employees,

With longer days and kids out of school, summer in Texas is a great time to explore nature. Our state offers great opportunities to get outdoors including: city and neighborhood swimming pools, rivers, lakes, state and local parks, hike and bike trails, and more!

And, each year in June we celebrate Father’s Day and raise awareness about Men’s Health issues. If you are a man, have a father, grandfather, husband uncle, brother, colleague, or friend who is a man, this is an issue you can get behind.

Compared with women, men are less likely to go to the doctor for routine exams and mental health treatment. Sadly, men have higher rates of chronic conditions are more likely to die by suicide than women. Let’s all do our part to make in impact on men’s health!

This month we have opportunities to get connect with state employees across the state on these topics to learn more, including:

June 23rd 10-11 a.m. CT [Men’s Health & Human Performance with Russell Frohardt, Ph.D.](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D159841644)

June 30th 10-11 a.m. CT [Nature & Your Health with Heather Kuhlken](https://ers.texas.gov/Event-Calendars/Wellness-Events?trumbaEmbed=view%3Devent%26eventid%3D159841747)

Register for these and more events through the [ERS Wellness Events Calendar](https://ers.texas.gov/Event-Calendars/Wellness-Events)!

Please check out the **attached flyer** for more information. Attach Event flyer

In health,

Your wellness Coordinator