

By Lacy Wolff, ERS Health Promotion Administrator



The Great Outdoors

Prescription for Health: The Great Outdoors!

Going outside for as little as 20 minutes each day can positively impact your health, lower your blood pressure, improve your mood and your eyesight! [Learn more](#) and explore strategies to spend more time outside.



Texas State Parks Overview

[Join us on June 8th](#) from 10-11 a.m. CT to learn about one of the best resources available in the state of Texas, our beautiful state parks! Tara Humphreys, the field interpretation coordinator at Texas Parks & Wildlife Department, will share what is new, how you and your family can get involved and how to celebrate the centennial (100 YEARS!) anniversary of this incredible resource. Whether you enjoy desert, swamp, mountain, canyon, hill country, ocean, lake or river settings, you will find your place at a Texas state park!



Men's Health

Celebrate Father's Day

This month we celebrate Father's Day and the men we care about. Encourage the dad, brother, husband or friend in your life to make health a priority this June by getting their annual preventive exam. If you're raising a son, talk to him about why preventive exams are important. Learn more about preventive health screenings through the [HealthSelect of Texas men's health webpage](#).



Men's Health: Live Well, Longer with Dr. Alex Lesko, M.D.

[Join us on June 29th](#) from 10-11 a.m. CT to hear inspiring and timely information regarding men's health. This webinar will focus on top men's health issues, preventive health and daily steps for healthy eating, exercising, lowering alcohol use, quitting smoking, and managing stress.