

June is Men's Health Month



Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

ONLINE RESOURCES

Men's Health Month
MensHealthMonth.org
Men's Health Network
MensHealthNetwork.org
Get It Checked
GetItChecked.com
Talking About Men's Health Blog
TalkingAboutMensHealth.com
Men's Health Resource Center
MensHealthResourceCenter.com

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.



MensHealthMonth



MensHealthMonth



MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Social Connections

Families are stronger when they feel supported, especially during hard times. We all want to feel like we are a part of a community, and that we have people who have our back when we need them the most.

Parenting Communities is here to help facilitate social connection and help parents in Leelanau County connect with each other and develop social networks. Starting Monday, June 14th we will have a playgroup every day of the week throughout Leelanau County. We hope that you will join us! Here is a break down for the month of June:

Monday: Myles-Kimmerly Park from 10-11

Tuesday: Northport School Playground from 10-11

Wednesday: Cherrybend Community Park 10-11

Thursday: Leland School Playground from 10-11

Friday: Suttons Bay Playground from 10-11

Playgroups are geared toward ages 0-6, siblings are welcome! A small snack will be provided. We look forward to connecting with you!



Swimming Safety

- ~ Check the wind direction & watch for rip currents!
- ~ Always stay within reach of your child(ren) when they are swimming.
- ~ Never swim alone.
- ~ Swim close to shore
- ~ Floaties are not life preservers.
- ~ If caught in a rip current, FLIP – FLOAT – FOLLOW & remain calm. Teach this to your family & friends to save lives!

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/swim-safety.html>

Sunday, June 20th is Summer Solstice. Our official kick off to summer. It is a time when the Sun is at its highest position in the sky, which provides us the longest day of the year! For many cultures this is a time of celebration and is viewed as a time of growth and reflection. HAPPY SUMMER!







Parenting Communities Calendar



June 2021

LGBT Pride Month & Men's Health Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	 NO LCN	1 Suttons Bay Bingham Twp Library Outdoor Story Hour @ 10:30 Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	2 Farmers Market @ Cass & Grand View Pkwy. 8-12	3 NO Glen Lake Community Library Story Time Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	4 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	5 Farmers Market @ Cass & Grand View Pkwy. 7:30-12
6	7 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	8 Suttons Bay Bingham Twp Library Outdoor Story Hour @ 10:30 Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	9 Leelanau Laundry Project 8-11:45am (last wash 10:30) Farmers Market @ Cass & Grand View Pkwy. 8-12	10 NO Glen Lake Community Library Story Time Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	11 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	12 Farmers Market @ Cass & Grand View Pkwy. 7:30-12
13	14 Parenting Communities Playgroup @ Myles-Kimmerly 10-11 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	15 Parenting Communities Playgroup @ Northport School Playground 10-11 Suttons Bay Bingham Twp Library Outdoor Story Hour @ 10:30 Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	16 Parenting Communities Playgroup @ Cherrybend Community Park 10-11 Leelanau Laundry Project 8-11:45am (last wash 10:30) Farmers Market @ Cass & Grand View Pkwy. 8-12	17 Parenting Communities Playgroup @ Leland School Playground 10-11 Glen Lake Community Library Summer Reading Program @ 11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	18 Parenting Communities Playgroup @ Suttons Bay School Playground 10-11 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	19 Farmers Market @ Cass & Grand View Pkwy. 7:30-12
20 Happy Summer Solstice 	21 Parenting Communities Playgroup @ Myles-Kimmerly 10-11 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	22 Parenting Communities Playgroup @ Northport School Playground 10-11 Suttons Bay Bingham Twp Library Outdoor Story Hour @ 10:30 Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	23 Parenting Communities Playgroup @ Cherrybend Community Park 10-11 Leelanau Laundry Project 8-11:45am (last wash 10:30) Farmers Market @ Cass & Grand View Pkwy. 8-12	24 Parenting Communities Playgroup @ Leland School Playground 10-11 Glen Lake Community Library Summer Reading Program @ 11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	25 Parenting Communities Playgroup @ Suttons Bay School Playground 10-11 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	26 Farmers Market @ Cass & Grand View Pkwy. 7:30-122
27	28 Parenting Communities Playgroup @ Myles-Kimmerly 10-11 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	29 Parenting Communities Playgroup @ Northport School Playground 10-11 Suttons Bay Bingham Twp Library Outdoor Story Hour @ 10:30 Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	30 Parenting Communities Playgroup @ Cherrybend Community Park 10-11 Farmers Market @ Cass & Grand View Pkwy. 8-12	31 Parenting Communities Playgroup @ Leland School Playground 10-11 Glen Lake Community Library Summer Reading Program @ 11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	1 Parenting Communities Playgroup @ Suttons Bay School Playground 10-11 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	2 Farmers Market @ Cass & Grand View Pkwy. 7:30-12

Parenting Communities Community Health Workers:

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[Parenting Communities : Benzie-Leelanau District Health Department \(blhd.org\)](http://ParentingCommunities.org)



Find us @PCLeelanau