

[View this email in your browser](#)

## June is National Men's Health Month



June marks **National Men's Health Month**, a crucial annual observance dedicated to encouraging boys and men to prioritize their well-being. This month serves as a vital reminder to focus on preventative care, early detection of disease, and adopting healthier lifestyles. From routine check-ups and screenings to promoting mental health awareness and healthy habits like proper nutrition and regular exercise, Men's Health Month underscores the importance of proactive steps to ensure men lead longer, healthier, and more fulfilling lives.

---

**Male Empowerment and Community Health Fair**  
**Saturday June 7, 2025**

### Stronger Together: Male Empowerment & Community Health Fair

This year's biggest health fair is coming to the Glades. Improve your physical and mental health, connect with supportive resources, and build a stronger community.



Saturday, June 7, 2025  
10:00 AM - 2:00 PM

Pahokee Elementary School Cafeteria  
560 E Main Place  
Pahokee, FL 33476

**FREE!**

- ✓ Healthy Food
- ✓ Health Screenings
- ✓ Ask the Experts Panel
- ✓ Community Resources
- ✓ Door Prizes



Contact Christine Boldin



Phone Number:  
561-281-5532



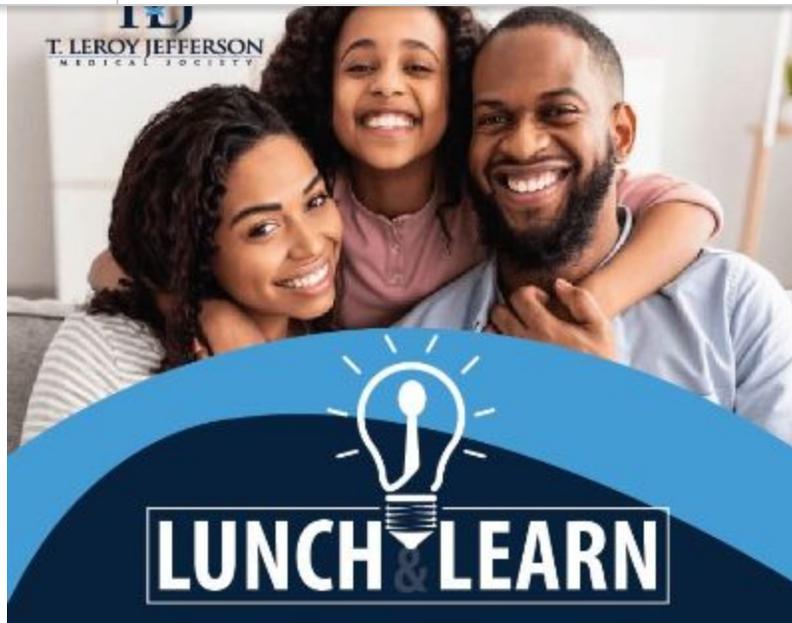
Email:  
boldincommunityimpact@gmail.com

Join us for the biggest health fair of the year! Boldin Community Impact presents "Stronger Together: Male Empowerment & Community Health Fair" designed to improve your physical and mental health, connect you with supportive resources, and build a stronger community in the Glades.

**When:** Saturday, June 7, 2025

**Time:** 10:00 AM - 2:00 PM

**Where:** Pahokee Elementary School Cafeteria  
560 E Main Place Pahokee, FL 33476



### Join Our Panel: Diversity in Infant Mental Health Webinar

The T. Leroy Jefferson Medical Society, in partnership with the Children Service Council, is organizing a professional webinar on **Diversity in Infant Mental Health** for **June 11th**.

We aim to discuss how diverse backgrounds, socioeconomic factors, and family structures impact early childhood development and mental health. We're looking for panelists to share insights on culturally sensitive care for diverse, low-income families.

Register [HERE](#) or [Email Us](#) and we'll follow up with logistics for the Zoom meeting.

---

**June** is a significant month for national medical observances and health awareness campaigns in the United States. Here's a detailed overview of some of the key observances: Month-Long Observances include:

- **Men's Health Month:** Focuses on encouraging boys and men to prioritize their health, including regular check-ups, healthy lifestyle choices, and early detection of diseases.
- **Alzheimer's & Brain Awareness Month:** Dedicated to raising awareness about Alzheimer's disease and other dementias, promoting brain health, and supporting research.
- **Cataract Awareness Month:** Educates the public on cataracts, their symptoms, treatment options, and the importance of eye health.
- **National PTSD Awareness Month:** Dedicated to raising awareness and reducing the stigma associated with Post-Traumatic Stress Disorder, encouraging individuals to seek help.

#### Key Dates in June 2025:

- **Men's Health Week (June 9-15, 2025):** A focused week within Men's Health Month to intensify awareness and action regarding men's health issues.

- Family Health and Fitness Day (June 14, 2025): Promotes healthy lifestyles and physical activity for families.
- World Sickle Cell Day (June 19, 2025): Raises awareness about sickle cell disease.
- National HIV Testing Day (June 27, 2025): Encourages people to get tested for HIV, know their status, and seek treatment if needed.

**Help us raise funds for scholarships and to continue serving our community! Please donate at: [tljmedicalsociety.org/donate](https://tljmedicalsociety.org/donate)**



---

*Copyright © 2025 T. Leroy Jefferson Medical Society, All rights reserved.*

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

