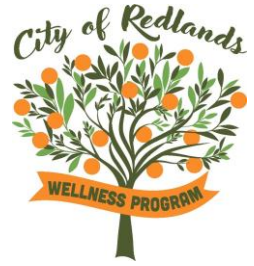


JUN 2021



June is Alzheimer's and Brain Awareness month. Nearly 50 million people currently live with dementia worldwide. Physical exercise and diet may be a beneficial strategy to lower the risk of Alzheimer's. For more information, visit <https://www.alz.org/>

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



First day of Summer



Health tip of the month:

Move more, sit less! Try to get at least 150 minutes of physical activity every week.

