

June

National Safety Month

Preventable accidents are the fourth leading cause of U.S. deaths. Let's work together to understand and prevent injuries so we can all live our lives to the fullest.



Aches and Pains Be Gone!

Hinge Health can help you prevent, and manage injuries with their free remote physical therapy. Use the link or QR code below to learn more.



hinge.health/kehpn



World Environment Day

Help keep air and plastic pollution— as well as global temperatures— from continuing to rise. Take steps such as planting a tree or cleaning up a local waterway.



Family Health and Fitness Day

Fitness should be a family affair! Use this day to hike, play and stay active with your loved ones.



National Eat Your Vegetables Day

Eat at least three servings of vegetables along with at least two servings of fruit to help reduce your disease risk and maintain your well-being.



International Day of yoga

Yoga offers benefits to both the mind and body. Make healthier choices and increase your physical activity today.



National Hydration Day

Up to 60 percent of the human body is water. Use today to be mindful of how much water you drink, and keep your body healthy and humming!