It’s National Men’s Health Month!
The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

“There is a silent health crisis in America...it’s that fact that, on average, American men live sicker and die younger than American women.” Dr. David Gremillion, Men’s Health Network

For more information, you can visit: www.menshealthnetwork.org

June 1-7th is National CPR and AED Awareness Week!

We will offer classes for anyone interested in becoming CPR/AED certified or renewing your certification during the following times:

- June 16th from 8AM-12PM
- June 23rd from 8AM-12PM
- June 30th from 8AM-12PM

The cost will be $40

For those of you who have gotten certified in the past:
Remember that your certification is only for 2 years.
Don’t forget to renew!

There is a sign-up sheet in the fitness center if you are interested in joining a class.

JUNE BIRTHDAYS:

Warren G.  6/2
Rita W.  6/6
Heather M.  6/6
Therese W.  6/7
John H.  6/7
Edie D.  6/11
Gary Sw.  6/12
Thomas H.  6/17
Mark M.  6/19
Linda N.  6/23
David L.  6/24
Melodie C.  6/26
Healthy Tips for Summer Months:
- Hydrate! Drink plenty of water
- Protect your family and yourself from the sun by wearing wide-brimmed hats and applying SPF every 2 hours
- Heat safety: the sun is the hottest between noon and 3pm
- Dress for the heat! Wear lightweight, light-colored clothing. And do not forget to wear sunglasses
- Head indoors when the heat gets unbearable. Try indoor activities!

From the Offices:
Reminder: Don’t forget to tell your friends about the Adult Physical Fitness Center! If you refer a friend, you get an additional 1-month added on to your membership!

Muncie in June
- Farmers Market at Minnetrista
- Open Blues Jam
  - Held every Thursday evening at Valhalla - Downtown Muncie's only live music venue
- Garden Fair at Minnetrista
  - June 4 @ 8:00am - 4:00pm
  - June 5 @ 10:00am – 3:00pm
- Andante 5k walk/run
  - June 11 at Ball Gym
- USAT Mideast Regional Championships
  - June 11 @ 8:00 – 5:00pm
  - 2016 Regional Championships for Triathlon, Duathlon, and Aquabike

For more event details, you can see:
www.munciecalendar.com

Father’s Day Activity Ideas:
- A fishing day
- A round of golf/hitting some golf balls
- Going to a sports game
- Take a night or weekend camping trip
- Cookout night
- Doing crafts together
- Tell him all the reasons you appreciate him

dad (noun):
1 (a): A son’s first HERO
(b): A daughter’s first LOVE