

**Wellness Ministry**  
**June 2025 Wellness Messages**

**Men's Health Month**

Encourages men to take care of their bodies by eating right, exercising, and working to prevent disease.

[Men's Health Month – Celebrated Each June \(menshealthmonth.org\)](https://menshealthmonth.org)

[mens-health-month-flyer-facts-1.pdf](#)

[Vegetables Are a Key Part of Nutrition for Men's Health \(eatright.org\)](https://eatright.org)

[Ensuring Bone Health for Men \(eatright.org\)](https://eatright.org)

[Heart Health Tips for Men \(eatright.org\)](https://eatright.org)

[Supplements and Mens Health \(eatright.org\)](https://eatright.org)

[Eating Disorders Also Affect Boys and Men \(eatright.org\)](https://eatright.org)

**Cancer Survivors Day, June 1, 2025**

Recognizes cancer survivors, raise awareness of the ongoing challenges cancer survivors face, and – most importantly – celebrate life.

[About National Cancer Survivors Day® - National Cancer Survivors Day® \(ncsd.org\)](https://ncsd.org)

[NATIONAL CANCER SURVIVORS DAY - June 1, 2025 - National Today](#)

**World Sickle Cell Day – June 19, 2025**

Recognized to increase public knowledge and an understanding of sickle cell disease, and the challenges experienced by patients and their families and caregivers.

[World Sickle Cell Day - Sickle Cell Disease Association of America Inc.](#)

[Sickle Cell Disease | NHLBI, NIH](#)

[SickleCellDisease FactSheet July2022.pdf](#)

[Current and future treatments for sickle cell disease: From hematopoietic stem cell transplantation to in vivo gene therapy - PubMed](#)

[World Sickle Cell Day 2025 » Sickle Cell Society](#)

**Alzheimer's & Brain Awareness Month**

Recognized as a time to raise awareness about Alzheimer's disease and other dementias.

[Alzheimer's Disease and Dementia | Alzheimer's Disease and Dementia | CDC](#)

[Alzheimer's & Brain Awareness Month | Alzheimer's Association](#)

**Cataract Awareness Month**

Recognized to raise awareness of the world's leading cause of vision loss.

[June is Cataract Awareness Month to Educate on Vision Loss \(preventblindness.org\)](https://preventblindness.org)

[A Lifetime of Healthy Vision - Prevent Blindness](#)

<https://preventblindness.org/2025-cataract-month>

[Cataracts | National Eye Institute](#)

**National HIV Testing Day – June 27, 2024**

Recognized to highlight the importance of HIV testing.

[National HIV Testing Day | National AETC Support Center \(NASC\)](#)

**Aphasia Awareness Month**

Recognized to raise awareness about the loss of all or some ability to use words.

[A New Day with the NAA - The National Aphasia Association](#)

[Aphasia Awareness Posters - The National Aphasia Association](#)

**Migraine & Headache Awareness Month**

Recognized to raise public knowledge, address stigma and build a stronger community of patient advocates of those living with headache diseases.

[Migraine and Headache Awareness Month 2025 | American Migraine Foundation](#)