




May Healthy Corner

-  Cancer Awareness: Skin Cancer (Everyone)
-  Health Issue: Mental Health Awareness
-  Healthy Step: Get 15 minutes of sunlight (with sunscreen!)



Focus: Sunlight boosts Vitamin D and mood — do it safely



Know Your Numbers

Blood Pressure (BP) (Normal 120/80 or lower)
Blood Sugar / A1c (Normal 4-5.6%)
Cholesterol (HDL, LDL, Triglycerides)



Daily Health Check

- Did you get your **steps in today**?
- How many **glasses of water** have you had?
- Did you take a moment to **breathe and de-stress**?

Are you getting **enough sleep**?




Dementia Early Warning Signs

Memory Loss That Disrupts Daily Life
Challenges In Planning Or Solving Problems
Difficulty Completing Familiar Tasks
Confusion With Time Or Place
Trouble Understanding Visual Images And Spatial Relationships
New Problems With Words In Speaking Or Writing
Misplacing Things And Losing The Ability To Retrace Steps
Decreased Or Poor Judgment
Withdrawal From Work Or Social Activities
Changes In Mood In Personality






Women's Tip: Prioritize rest during busy seasons

— your soul needs Sabbath.

-  Men's Tip: Talk to someone — mental strength includes asking for help.

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